

2018 Strafford County Community Assessment

A PUBLICATION OF THE COMMUNITY ACTION PARTNERSHIP OF
STRAFFORD COUNTY



The 2018 Strafford County Community Assessment captures the health, demographics, and trends of the 13 municipalities in Strafford County. Compiling data from multiple sources and surveying stakeholders, this report provides information on significant economic and social issues. It should be a resource for improving health, education, and well-being in Strafford County.

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Executive Summary

The 2018 Community Action Partnership of Strafford County (CAPSC) Community Assessment captures the health, demographics, and trends of the 13 municipalities in Strafford County. Compiling data from multiple sources and surveying stakeholders, this report provides information on significant economic and social issues. It should be a resource for improving health, education, and well-being in Strafford County.

In analyzing the data contained within the 2018 Community Assessment, the following trends emerge:

- Rising housing costs and resulting homelessness with an insufficient capacity of homeless shelters or low-income housing
- Limited public transportation resources for those needing to access community services in the northern portion of Strafford County
- High rates of substance misuse with limited resources for treatment
- Households with children under age 5 experience the highest level of poverty in Strafford County
- An aging population

Housing

Community, funder and staff surveys indicated a primary concern of housing costs. Data backs up these concerns as Strafford County residents have lower home-ownership rates than other New Hampshire Counties and increases in median gross rents continue to outpace the increase in median household renter incomes, diminishing an already sparse market of affordable housing. Strafford County residents depend more heavily on the higher-cost home heating sources such as oil and electric and. The capacity of regional homeless shelters is insufficient to meet demand.

Transportation

Nearly 50 percent of county residents travel outside the county to work, less than 2.5 percent rely on public transportation to get to work, and there are nearly 2,200 households with workers ages 16 and over without a vehicle. The average commute time for residents is 27 minutes. Community, funder and staff surveys indicated a high concern around the lack of transportation resources for residents in the norther portions of the county and the elderly population needing rides to/from doctor appointments and shopping.

Substance Misuse

Strafford County has seen a drastic increase in substance misuse. There were 55 heroin and opioid use related deaths in Strafford County during 2016. In addition, residents from Strafford County had the most opioid related emergency department visits per capita with 76.67 visits per 10,000 population in 2016 (*NH Bureau of Emergency Medical Services*). Community, funder and staff surveys highlight the need for additional resources in treating substance use disorders in Strafford County.

Poverty

While the overall number of Strafford County residents living in poverty decreased to 10.1 percent according to the 2012-2016 American Community Survey 5-Year Estimates, the percentage of families with children under age 5 remains high at 13.1 percent. Single-family households represent 85.7 percent of Strafford County households in poverty.

There are over 1,800 families in the county with annual incomes below the federal poverty level, 85 percent of which are concentrated in the cities of Rochester, Dover and Somersworth. Farmington and Milton, more rural towns on the county's northern border, also have family poverty rates that are higher than the county and state average. Northern portions of the county also access SNAP benefits at a higher rate, have difficulty accessing transportation, and nearly 20 percent of housing units in Rochester and Farmington are mobile homes.

Aging Population

According to a report published in 2017 by the Economic and Labor Market Information Bureau, New Hampshire Employment Securityⁱ, over 20 percent of the population in New Hampshire was age 62 years or over in 2015. Population estimates from the New Hampshire Office of Energy and Planning, report that residents age 65 and over will make up almost 30 percent of the state's population by 2040, while the share of residents ages 25 to 64 will shrink, dropping from 54 percent in 2015 to 45 percent by 2040.

According to ACS 2016 5-year population estimates for Strafford County, the over 65 population increased by 83% from 2012 (14,316 to 17,164 persons) in 2016.

In addition to the areas listed above, other items of interest also emerge. For instance,

- Employment levels remain consistently high with less than 2.2 percent unemployment, lower than the national rate of 4.1 percent in November 2017. Higher rates of employment do not necessarily equate to sufficient income, considering higher costs of living in Strafford County, particularly southern portions and the state minimum of \$7.25 per hour.
- There are continued pockets of growth in racial and ethnic minorities, particularly in the city of Somersworth.

The overall picture of Strafford County appears stable and positive – with relatively strong employment, growth, and education. However, behind the average numbers and countywide statistics, there is a less appealing picture for many. The disparity between communities, and the gaps between the poorest and wealthiest within the county, is striking. There is a significant difference in a resident's quality of life dependent on where you live, your level of education, your health, and the type of work you do. For CAPSC, this assessment will be one tool in our toolbox to address community needs, assess programs, and create a roadmap for change.

Purpose and Program Overview

The 2018 Community Action Partnership of Strafford County (CAPSC) Community Assessment captures the health, demographics, and trends of the 13 municipalities in Strafford County. This report provides information on significant issues and should be a resource for improving health, education, and well-being in Strafford County. The 2018 assessment provides in-depth information and analyses that focuses on the strengths, needs, and resources of residents in Strafford County, New Hampshire.

There are several reasons for conducting a Community Assessment:

1. Per the Community Services Block Grant (CSBG) Act – Section 676(b)(11): “an assurance that the State will secure from each eligible entity in the State...a community action plan ... that includes a community-needs assessment for the community served, which may be coordinated with community-needs assessments conducted for other programs...”
2. Creating action plans that respond to the community needs is a fundamental piece of Community Action. In the foundation rule from the Office of Economic Opportunity Instruction (1970): “CAA(s) must develop both a long-range strategy and specific, short-range plans for using potential resources...In developing its strategy and plans, the CAA shall take into account the areas of greatest community need, the availability of resources, and its own strengths and limitations.”
3. CAPSC has adopted CSBG’s Results Oriented Management and Accountability (ROMA) approach, which includes specific expectations regarding information-based planning, promulgated by the U.S. Department of Health and Human Services (HHS) in 2001.¹
4. The Community Assessment meets requirements outlined in the Head Start Program Performance Standards, Subpart A - 1302.11(b) (1), which requires that all Head Start programs conduct a comprehensive community assessment to design a program that meets community needs, and builds on strengths and resources.²

At Community Action Partnership of Strafford County (CAPSC), we strongly believe no one should go without having his or her basic needs met. As the leading anti-poverty agency in Strafford County, we strive to empower individuals and families to achieve self-sufficiency by opening the doors to resources and opportunities that offer a hand up, not a hand out. When we achieve this goal, we reduce the impact of poverty and build a stronger community.

Our Mission: To educate, advocate and assist people in Strafford County to help meet their basic needs and promote self-sufficiency.

Our Vision: To eliminate poverty in Strafford County

Our Values: Compassion, Education, Self-sufficiency, Transparency, Accountability, Teamwork, Client Focus and

¹ <http://www.nascsp.org/CSBG/594/ROMA.aspx?iHt=13>

² <https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii/1302-11-determining-community-strengths-needs-resources>

Professionalism

CAPSC is a 501(c)(3) private, nonprofit organization established under the provisions of the Equal Opportunity Act of 1964. In addition to the administrative office located in Dover, CAPSC maintains its outreach capacity by employing over 120 staff who provide services at program offices and Head Start Centers in Farmington, Milton, Rochester, Dover and Somersworth. The agency is governed by a tripartite Board of Directors composed of elected officials, community leaders from for-profit and non-profit organizations, and past or present clients. The Board is responsible for assuring CAPSC continues to assess and respond to the causes and conditions of poverty in the community, achieve anticipated family and community outcomes, and remain administratively and fiscally sound.

In accordance with its mission, CAPSC offers over sixty coordinated programs designed to have a measurable impact on poverty and health status among our community's most vulnerable residents, specifically, children under the age of six, seniors, and those experiencing low-incomes. Programs include nutrition, housing, fuel and electrical assistance, weatherization, parent and child education, childcare, transportation, and employment and job training, all of which are locally defined, planned, and managed in partnership with community agencies. All programs are designed to increase self-sufficiency and help clients become socially and financially independent. CAPSC's goal is to interrupt the cycle of poverty and empower at-risk children, working families, and seniors to live more secure, stable, and healthier lives.

Broad-based and community-focused, CAPSC is the sole provider in Strafford County to offer a full suite of services that meet residents' basic needs while promoting self-sufficiency. Ultimately, CAPSC's vision is to eliminate poverty in Strafford County. By working with people experiencing low-incomes and collaborating with community partners across all sectors, CAPSC is successfully able to reduce the impact of poverty on at-risk children, working families, seniors, and the community at large.

In 2016-2017, CAPSC served 10,560 households and provided over \$10 million in goods and services in Strafford County, including:

- Housing services to 292 homeless individuals and families
- 22,094 free summer meals and 32,650 after-school meals to children
- 3,721 safe, accessible rides to seniors
- Employment services to 103 individuals
- \$3M in utility assistance to 5,540 households
- 600 children and their families with early childhood education, home visiting, and child care
- \$264,718 in donated/commodity food

Services offered through CAPSC include:

- **Senior Transportation** is a government program funded through the NH Department of Health and Human Services (NH DHHS) Bureau of Elderly and Adult Services to provide non-medical transportation to and from an individual's

home for grocery shopping and errands at other stores to promote independent living and provide socialization. The program is open to anyone age 60 in Strafford County. Our program has a full-time driver and a wheelchair-accessible bus funded with NH Department of Transportation (DOT) 5310 money.

- **Head Start and Early Head Start:** CAPSC has delivered Head Start services to low-income children and their families since 1965. Comprehensive child development services are provided throughout the county to low-income children, ages birth to five years, and their families. Head Start offers a center-based program for 222 children ages three to five years that typically operates four hours per day, five days per week, September through May, with extended hours available in Rochester and Milton to accommodate working families. Extended-day, year-round childcare is available at the Farmington Children's Center. An additional nine slots are dedicated to Head Start home-based services for families with children ages three to five. Early Head Start offers home-based programs to 66 prenatal mothers and their children up to age three. Weekly socialization opportunities are provided to these families at the Dover and Rochester centers.
- **Home Visiting:** Provides services to pregnant women, new mothers and families in crisis with regular home visits, educational support, connections to resources, and other support.
- **Childcare:** Farmington Children's Center provides child care to children age 6 weeks to school age from 6:30 a.m. to 5:30 p.m. daily, including vacations and during the summer. Private payment is accepted or state scholarships are available.
- **Low Income Home Energy Assistance Program (LIHEAP)** is a government program to help low-income families and individuals pay their heating bills during the winter. Guidelines for this program are based on 200% of federal poverty of the household's gross annual income to qualify. More than 2,500 households in Strafford County received this benefit during the 2016-2017 program year. The average benefit per household is \$649.
- **Electric Assistance:** The New Hampshire Electric Assistance Program (EAP) gives eligible customers a discount on their monthly electric bills (7% to 70%) depending on gross household income, household size and electricity use. In 2016-2017, 2,959 households utilized this program.
- **Food and Nutrition:** We operate 3 food pantries in Dover, Rochester, and Farmington to provide short-term supplies of food to eligible households, including the only food pantry in the region open five days per week. We administer the delivery of US Department of Agriculture (USDA) Commodity Food in Strafford County through the federal Temporary Emergency Food Assistance program. CAPSC operates a Summer Food Service Program through the NH Department of Education to provide children age 18 and under free meals. This program served 22,871 breakfasts and lunches to children at 16 sites in Strafford County in 2017. In addition, CAPSC provides after-school meals in the Somersworth School District, and served 32,650 snacks and dinners to children in the elementary and middle schools in 2017.
- **Greater Seacoast Coordinated Entry:** We provide homeless prevention and diversion services as well as shelter referrals to individuals and families in Strafford and Eastern Rockingham counties and Kittery and Eliot, Maine who are homeless or at risk of becoming homeless.

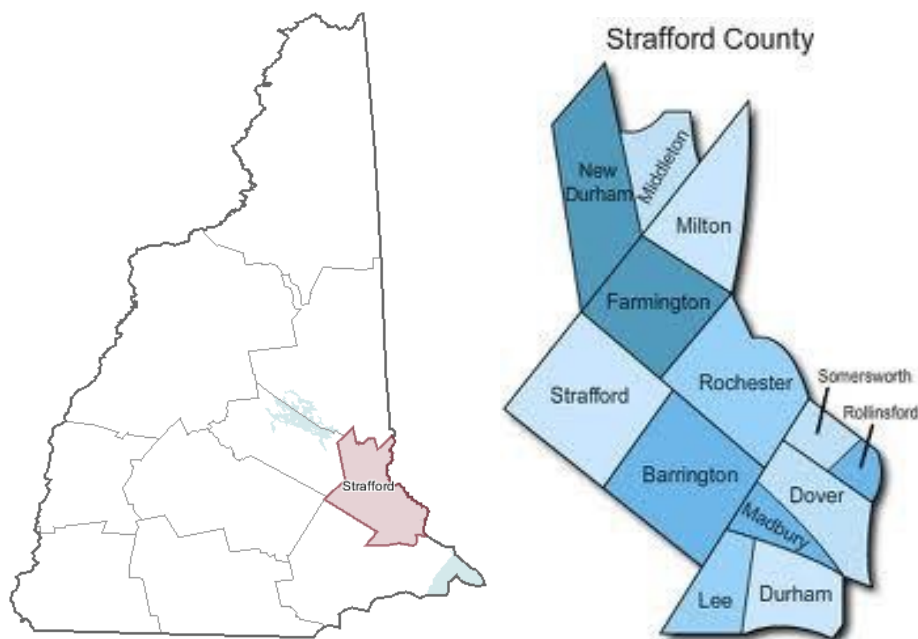
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- **Housing Services:** We assist eligible clients with first month's rent, back rent, and utility assistance. This program is designed for clients who are unable to receive assistance through other sources.
 - **NH Security Deposit:** The New Hampshire Security Deposit Loan Program is assistance in the form of a guarantee certificate to the landlord and a loan to the client, which must be paid back to CAPSC.
 - **Homeless Outreach:** The Homeless Outreach and Intervention Program offers intensive outreach and intervention services to the unsheltered homeless throughout the county. This program, which is part of a state-wide initiative, is designed to help the homeless get into emergency shelter, provide referrals, and get connected to other emergency services.
 - **Weatherization:** The Weatherization Assistance Program (WAP) reduces energy costs for low-income households by increasing the energy efficiency of their homes, while ensuring their health and safety. The overall goal of WAP is to serve those low-income households most vulnerable to high-energy costs and without the means of making cost-effective energy conservation improvements to their homes. WAP collaborates with the electric and natural gas utilities' energy efficiency programs to enhance the Weatherization services provided to low-income households.
 - **Workplace Success:** Provides job-skill training and volunteer placement for the New Hampshire Employment Program with clients who are receiving Temporary Assistance for Needy Families (TANF).
 - **Workforce Development:** A federally funded program focusing on helping unemployed people find jobs and can provide training for in-demand occupations through New Hampshire Works offices.

Geographic Information

Strafford County is located on the eastern border of the state, bordered by Carroll, Belknap, Rockingham counties and the State of Maine. Strafford County contains 367.3 square miles of land area, the smallest among the counties, and 15.3 square miles of inland water area. 125,913 people live in Strafford County according to the U.S. Census Bureau American Community Survey 2012/16 5-year estimates. The population density for this area, estimated at 339.6 persons per square mile, is much greater than the national average population density of 89.61 persons per square mile.

There are ten (10) counties in New Hampshire, of which Strafford County is the fourth largest in population. Three cities: Dover, Rochester, and Somersworth and ten towns: Barrington, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rollinsford, and Strafford comprise Strafford County, all governed by varied municipal governmental entities.

Strafford County is a bedroom community to the New Hampshire seacoast and Boston, MA. The county has some of the poorest communities in the state (Farmington and Middleton) along with the wealthiest (Durham and Madbury). The largest employers for the region are the University of New Hampshire (the state's largest public institution), Liberty Mutual, Wentworth Douglas and Frisbee Memorial Hospitals, the Cities of Dover and Rochester, and Contitech Manufacturing. Just under half of all Strafford County residents travel outside the county to work.



Service Area

CAPSC provides services countywide. In addition to the CAPSC administrative office located in Dover, the agency maintains outreach offices and food pantries in Dover and Farmington along with an outreach office in Rochester. Head Start centers are located in Dover, Farmington, Rochester, Somersworth and Milton. Head Start offers services in the five towns where centers are located, in addition to closely neighboring towns such as Middleton (served in Farmington), Barrington (served in Rochester), Lee and Madbury (served in Dover). Head Start and Early Head Start home based programs serve all of the towns listed above and staff is located out of our Rochester and Dover centers.

Current Community Conditions

Demographics

Population

In 2012-2016, Strafford County, New Hampshire had a total population of 125,913, 51 percent female and 49 percent male. The median age was 37.1 years. An estimated 19 percent of the population was under 18 years and 14 percent was 65 years and older.

Population Change

Population change within Strafford County from 2000-2016 is shown below. During the sixteen-year period, total population estimates for the report area grew by 12.19 percent, increasing from 112,233 persons in 2000 to 125,913 persons in 2016.

Strafford County continues to grow at a rate significantly higher than the rest of New Hampshire. More than half of the county's residents live in one of the four cities/towns: Dover, Durham, Somersworth, and Rochester. All towns experienced growth, many over 10 percent, with only Rollinsford experiencing a decline with a loss of over 4% of its population since 2010.

Table 1 Population Change 2000 - 2016

Geographic Area	Census 2000 Population	ACS 2012-2016 Population Estimates	Population Change	% Change
Strafford County	112,233	125,913	13,680	12.19%
New Hampshire	1,235,786	1,327,503	91,717	7.42%
United States	281,421,906	318,558,162	37,136,256	13.20%
Durham	12,664	15,934	3,270	25.82%
Madbury	1,509	1,844	335	22.20%
Middleton	1,440	1,740	300	20.83%
New Durham	2,220	2,667	447	20.14%
Farmington	5,774	6,827	1,053	18.24%
Milton	3,910	4,591	681	17.42%
Barrington	7,475	8,770	1,295	17.32%
Dover	26,884	30,750	3,866	14.38%
Strafford	3,626	4,064	438	12.08%
Lee	4,145	4,388	243	5.86%
Rochester	28,461	30,052	1,591	5.59%
Somersworth	11,477	11,756	279	2.43%
Rollinsford	2,648	2,530	-118	-4.46%

Sources: U.S. Census Bureau, Population Division, Census 2012. Release Date: February 2011 and U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

Age and Gender

Strafford County is slightly younger than the rest of New Hampshire, in part due to the presence of roughly 12,000 undergraduates at the University of New Hampshire, most of who live in Durham and surrounding communities. The average age of the population is expected to increase markedly in the coming decades. This is expected as the number of young people will decrease slightly, while the number of people over age 60 will increase.

Population by age within the report area is shown below. According to ACS 2016 5-year population estimates for Strafford County, the over 65 population increased by 83% from 2012 (14,316 to 17,164 persons).

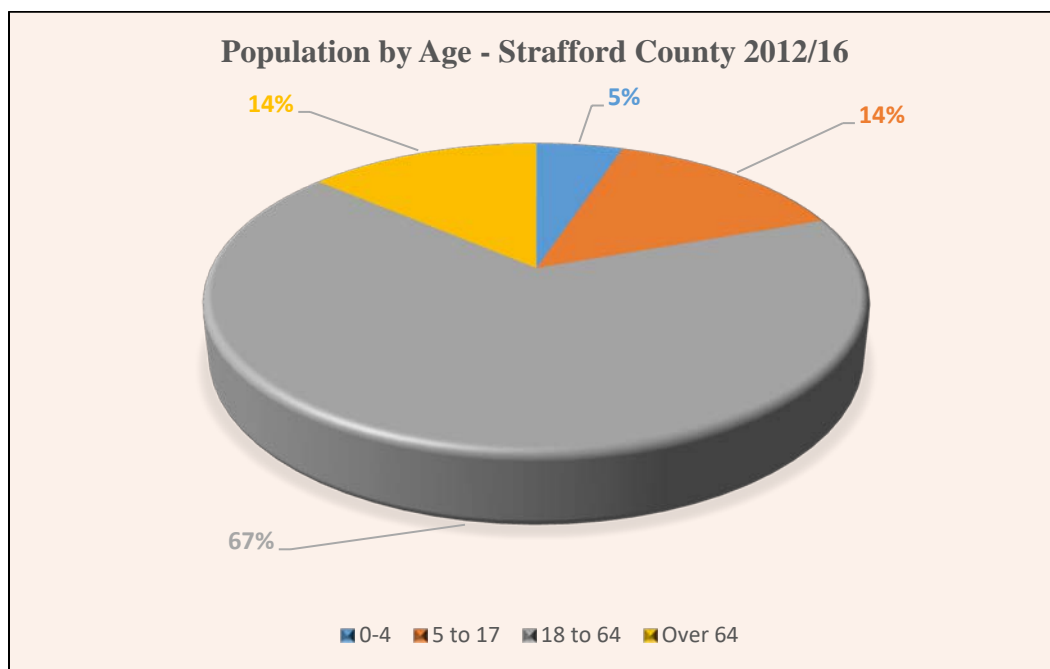


Table 2 Population by Gender 2012/16

Geographic Area	0 to 4		5 to 17		18 to 64		Over 64	
	M	F	M	F	M	F	M	F
Strafford County	3,373	3,024	9,188	8,888	41,309	42,967	7,654	9,510
New Hampshire	33,049	31,627	103,202	99,101	425,007	425,132	95,249	115,136
United States	10,154,024	9,712,936	27,455,869	26,289,609	98,851,301	99,913,791	20,304,128	25,876,504

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

Race, Ethnicity and National Origin

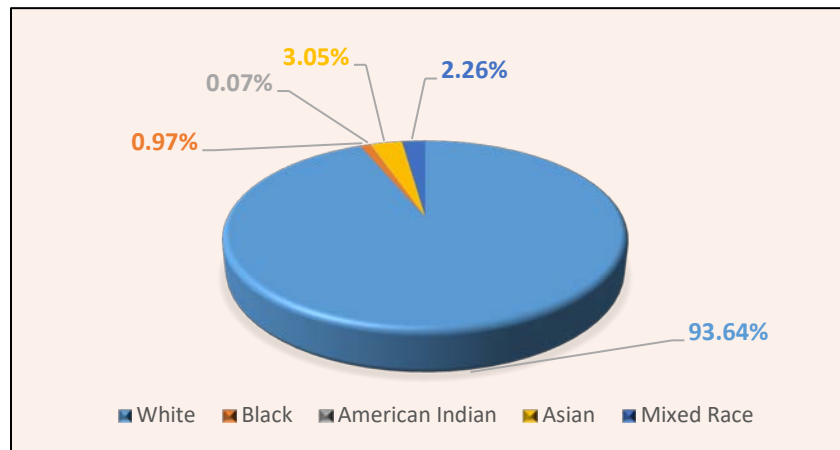
An estimated 95 percent of the people living in Strafford County, New Hampshire in 2012-2016 were native residents of the United States and 48 percent of these residents were living in the state in which they were born. An estimated 5 percent of the people living in Strafford County, New Hampshire in 2012-2016 were foreign born.ⁱⁱ

Like New Hampshire overall, Strafford County is predominantly white and non-Hispanic. Racial and ethnic minority populations are relatively concentrated in the cities of Dover, Rochester, and Somersworth. Of note, the majority of towns within Strafford County are showing marked increases in ethnic and minority populations. Specifically, the city of Somersworth’s population continues to see the most significant change.

Population by race and ethnicity within Strafford County is shown in table 3. According to ACS 2012-2016 5-year population estimates, the white population comprised 93.64% of the report area, black population represented 0.97%, and other races combined were 5.39%. Persons identifying themselves as mixed race made up 2.26% of the population.

Table 3 Population by Race 2012/16

Geographic Area	White	Black	American Indian	Asian	Mixed Race
Strafford County	117,495	1,216	90	3,833	2,837
New Hampshire	1,243,594	17,483	2,085	32,094	24,906
United States	233,657,078	40,241,818	2,597,817	16,614,625	9,752,947



Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

Table 4 Population by Ethnicity 2012/16

Geographic Area	Percentage of Population		
	Hispanic or Latino	Not Hispanic or Latino	White alone
Strafford County	2.1%	97.9%	91.6%
New Hampshire	3.3%	96.7%	91.2%
United States	17.3%	82.7%	62%

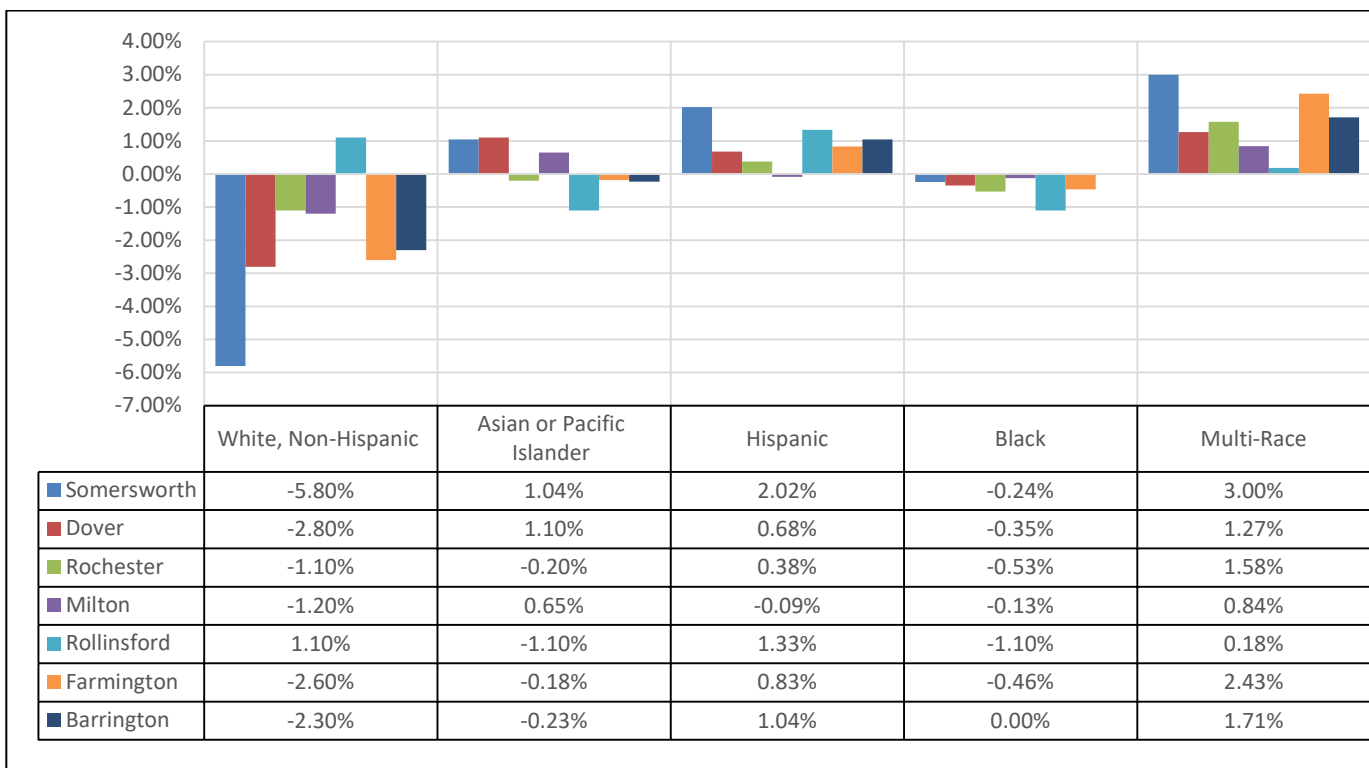
Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

Table 5 Race/Ethnicity Enrollments in Selected School Districts 2016

Geographic Area	White, Non-Hispanic	Asian or Pacific Islander	Hispanic	Black, Non-Hispanic	American Indian or Alaskan Native	Multi-Race
Somersworth	78.80%	8.14%	5.32%	3.06%	0.12%	4.50%
Dover	81.50%	7.70%	3.48%	2.25%	0.17%	4.77%
Rochester	90.20%	1.50%	3.48%	1.17%	0.18%	3.38%
Milton	91.90%	1.15%	2.31%	0.57%	0.00%	4.04%
Rollinsford	92.00%	0.00%	2.43%	0.00%	0.00%	5.48%
Farmington	92.80%	0.32%	1.73%	0.64%	0.00%	4.43%
Barrington	93.40%	1.07%	2.24%	0.00%	0.00%	3.21%

Source: NH Dept. of Education, Bureau of Data Management, data as of Oct. 1, 2016

Table 6 Percent Change Race / Ethnicity in Selected School Districts 2012 – 2016



Source: NH Dept. of Education, Bureau of Data Management, data as of Oct. 1, 2016

Table 7 Race and Ethnicity of Head Start and Early Head Start Participant Children

	Participants	
	Number	Percentage
White	292	82%
Bi- or Multi-Racial	42	12%
Asian	14	4%

Black or African American	6	2%
Hispanic or Latino	18	5%
Non-Hispanic or Latino	336	95%

Source: 2017 Head Start / Early Head Start Enrollment Data

The demographic breakdown of the 2017 Head Start / Early Head Start enrollees indicates CAPSC provides services to a larger percentage of children from varied racial backgrounds than would be expected based on the Strafford County demographic profile. In all, 18% of enrollees were of a race or ethnic group other than white.

Children in Foster Care

Children are placed in foster care when child protective services and a court has determined it is not safe for them to remain home. In New Hampshire, there were 1,004 children under age 18 in foster care according to the Federal Adoption and Foster Care Analysis and Reporting System. The average length of time for children in foster care is 19 months. Approximately 30% of all children in foster care in NH are age 5 or underⁱⁱⁱ. Approximately 33% of children in foster care are placed with non-relatives, 17% are placed with relatives and the remainder are placed in group homes or other placements. In NH, 58% of children were reunified with their parents in 2015.

Nativity and English Proficiency

Table 8 Foreign-Born Residents 2012/16

Geographic Area	Native	Foreign-born
New Durham	99%	1%
Milton	99%	1%
Farmington	99%	1%
Middleton	99%	1%
Strafford	97%	3%
Rochester	97%	3%
Rollinsford	97%	3%
Madbury	96%	4%
Strafford County	95%	5%
New Hampshire	94%	6%
Durham	93%	7%
Dover	92%	8%
Lee	92%	8%
Somersworth	90%	10%
United States	87%	13%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

Among people, at least five years old living in Strafford County, New Hampshire in 2012-2016, an average of 7 percent spoke a language other than English at home. Of those speaking a language other than English at home, 16 percent spoke Spanish and 84 percent spoke some other language.

Table 9 English Proficiency 2012/16 (ages five and older)

Language Spoken at Home	English only	Language other than English	Speak English less than "very well"
United States Total	78.9%	21.1%	8.5%
Lee	84.3%	15.7%	3.9%
Somersworth	85.4%	14.6%	5.1%
Durham	91.0%	9.0%	2.0%
Dover	91.5%	8.5%	2.6%
New Hampshire Total	92.1%	7.9%	2.4%
Strafford County Total	92.9%	7.1%	2.0%
Rochester	95.2%	4.8%	1.3%
Madbury	95.7%	4.3%	0.6%
Strafford	95.8%	4.2%	0.2%
Farmington	96.7%	3.3%	1.0%
New Durham	97.2%	2.8%	0.3%
Rollinsford	98.0%	2.0%	0.2%
Middleton	98.1%	1.9%	0.2%
Milton	99.1%	0.9%	0.4%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

In reviewing primary languages spoken by Head Start children, the majority of children speak English with limited outlying languages.

Table 10 Primary Language of Head Start and Early Head Start Participant Households, 2017

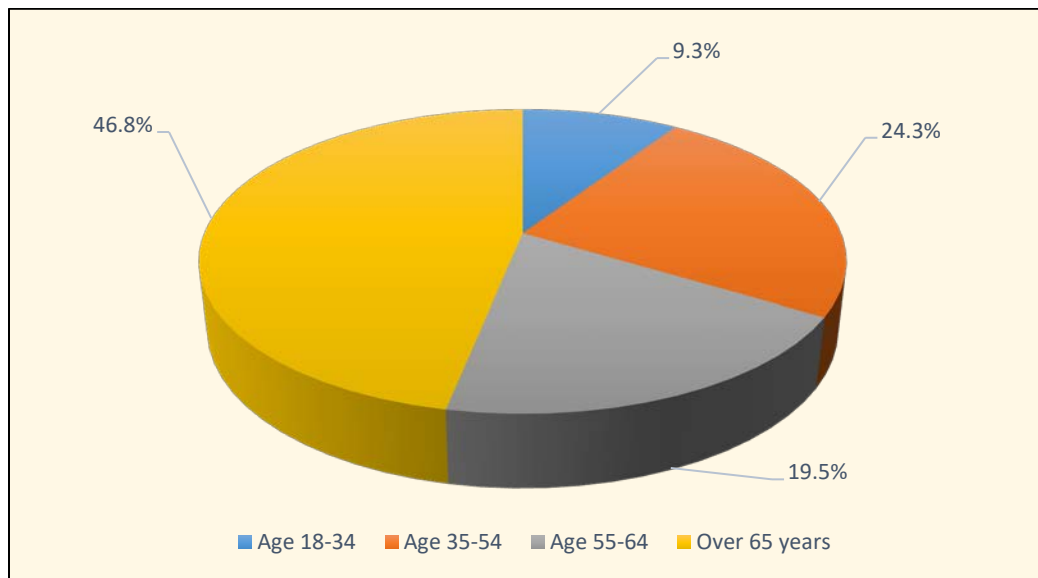
Primary Language Spoken at Home	Households	% of Total Enrolled Households
English	332	93.4%
East Asian Languages	10	3%
Spanish	5	1.5%
Middle Eastern & South Asian Languages	5	1.5%
European & Slavic Languages	1	.3%
Other	1	.3%

Source: 2017 Head Start / Early Head Start Enrollment Data

Veterans

Table 4 shows the numbers of veterans living in Strafford County. In the adult population, 9.9% are veterans, in line with New Hampshire but more than the national average of 8.0%.

Table 11 Age of Veterans 2012/16



Geographic Area	Total Number of Veterans	Percent of Population over 18
Strafford County	9,973	9.9%
New Hampshire	103,282	9.8%
United States	19,535,341	8.0%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

Income

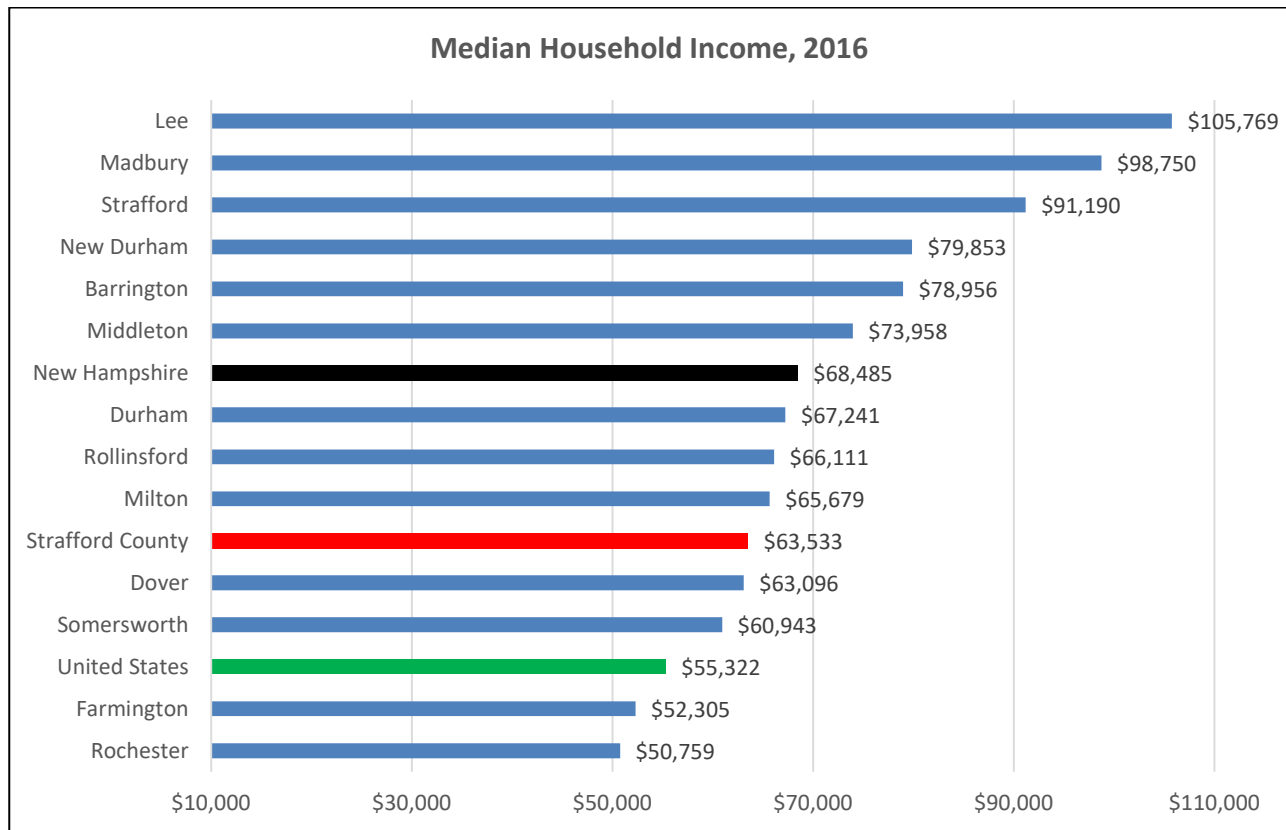
Income measured by the Census Bureau incorporates all income- earnings from work, unemployment compensation, workers' compensation, Social Security, Supplemental Security Income, public assistance, veterans' payments, pension or retirement income, educational assistance, alimony, child support, etc. “Median Income” is the level at which half of incomes are above, and half are below. This is different from the “average” or “Mean” income. “Per capita” measures are for all persons regardless of their household situation.

According to the American Community Survey for 2012/16, the median income of households in Strafford County was \$63,533. An estimated 9 percent of households had income below \$15,000 a year and 11 percent had income over \$150,000 or more. By all measures, incomes in Strafford County are greater than the nation as a whole, but lower than New Hampshire overall. Median annual household incomes in Strafford County are shown in Table 12.

Table 12 Median Household Income, 2016

Geographic Area	Median Household Income (\$)
Strafford County	\$63,533
New Hampshire	\$68,485
United States	\$55,322

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.



Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

The median household income level in Strafford County of \$63,533 has increased greatly over the past 5 years, closing the gap on the New Hampshire median income level of \$68,485. It is important to note that income varies significantly by town within Strafford County. The wealthiest towns of Lee, Madbury, Strafford, New Durham, Barrington, and Durham show incomes of greater than \$70,000, and the least wealthy towns of Rochester and Farmington demonstrate incomes less than \$60,000. Significant changes over the past 5 years indicate a trend of increased median income overall, specifically the towns of Dover and Somersworth with incomes now exceeding \$60,000.

On average, residents within the Head Start / Early Head Start target area have a lower household income compared with the state and other areas of the county. The difference in available income has far-reaching consequences. Head Start families have to pay for housing, meals, and other living expenses with a mere fraction of the resources the

average person in Strafford County or New Hampshire does. They need to stretch each dollar as far as it can go, and most certainly require community assistance just to acquire sufficient food, housing, and childcare. The last study of basic needs budget and livable wages in New Hampshire found basic needs family budgets ranged from two- to three-and-a-half times the federal poverty line.

Currently, Head Start / Early Head Start services are focused, though not limited to the towns of Somersworth, Rochester, Farmington, Dover, Milton (covering Middleton), and Rollinsford. Based on median income alone, these towns continue to be the most in need of services.

Poverty

In 2012-2016, 10.1 percent of people living in Strafford County were in poverty. An estimated 10 percent of related children under 18 were below the poverty level, compared with 6 percent of people 65 years old and over.

How poverty is measured

The Census Bureau uses poverty ‘thresholds’ to estimate the number of families or individuals living in poverty. If a families’ or individuals income is below the threshold, they are considered to be living in poverty. Thresholds vary based on the size of a family and the age of family members, and thresholds are the same throughout the country- there is no reflection of the differences in cost of living in different parts of the country. Thresholds are revised every year based upon changes in the Consumer Price Index. The thresholds reflect needs, but are intended for use as a statistical ‘yardstick’ rather than as a complete description of what people need to live. Many government aid programs use a different poverty measure. For example, CAPSC federal programs such as Head Start, Early Head Start, Low Income Heating Energy Assistance Program (LiHEAP) and weatherization use up to 200% of the federal poverty threshold for program qualification. For example, a family of four would qualify for LiHEAP if the total household income were \$49,200 or less.

Table 13 Poverty Thresholds in the United States, 2016

Size of Family Unit	Average Poverty Threshold
	2016
One person (unrelated individual)	\$ 12,228
Under 65 years	\$ 12,486
65 years and over	\$ 11,511
Two people	
Household under 65 years	\$ 16,151
Household 65 years and over	\$ 14,522
Three people	\$ 19,105
Four people	\$ 24,563
Five people	\$ 29,111
Six people	\$ 32,928
Seven people	\$ 37,458

Source: U.S. Census Bureau 2016

Poverty Rate

Table 14 shows the total population estimates for all persons in poverty for Strafford County. According to the American Community Survey 5 year estimates, an average of 10.1 percent of persons in Strafford County lived in a state of poverty during the 2011 - 2016 period. The poverty rate for all persons living in Strafford County is less than the national average of 15.1 percent.

Table 14 Poverty Status by Age Group over the Past 12 Months, 2016

Geographic Area	All Ages		Under Age 5		Age 5-17	
	Number of Persons	Poverty Rate	Number of Persons	Poverty Rate	Number of Persons	Poverty Rate
Strafford County	11,878	10.1%	835	13.1%	1,768	10.0%
United States	46,932,225	15.1%	4,614,933	23.6%	10,720,850	20.3%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

Table 15 Poverty Rate 2012/16

Geographic Area	Poverty Rate for All Persons		
	Total Population	In Poverty	Poverty Rate
Strafford County	117,181	11,875	10.1%
New Hampshire	1,285,437	109,690	8.5%
United States	310,629,645	46,932,225	15.1%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

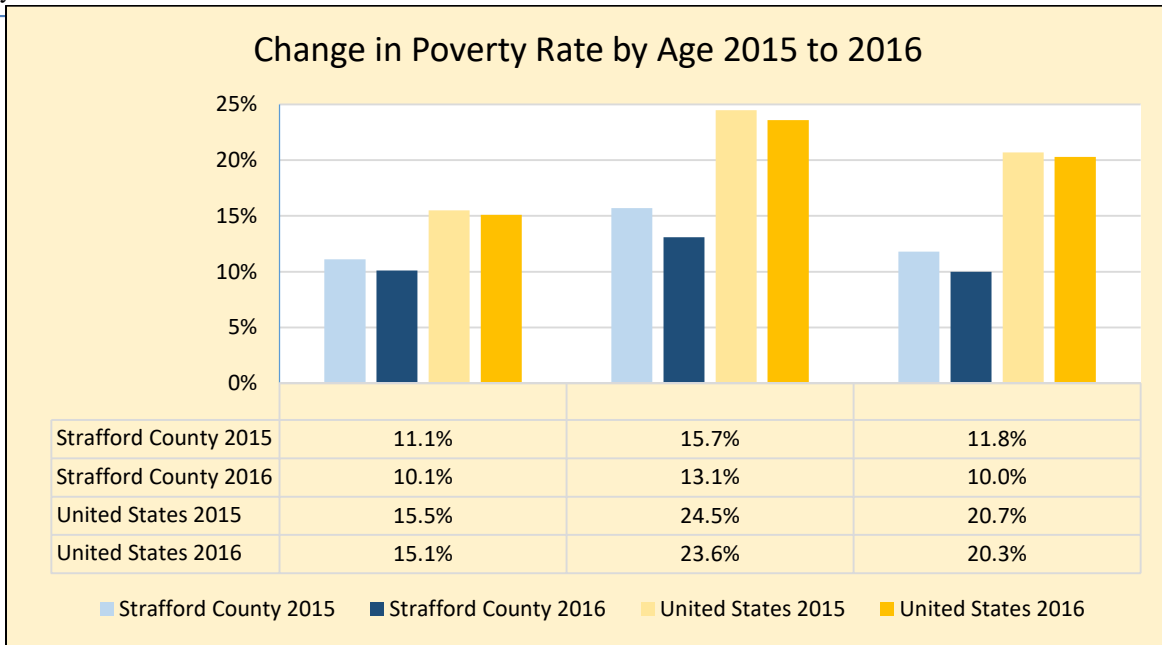
Poverty Rate Change, 2012 - 2016

Poverty rate change in Strafford County from 2012 to 2016 is shown in Table 16. According to the U.S. Census, the poverty rate for area decreased by 1.1%, compared to a national decrease of only 0.2%.

Table 16 Change in Poverty Rate 2012-2016

Geographic Area	Persons in Poverty, 2012	Poverty Rate, 2012	Persons in Poverty, 2016	Poverty Rate, 2016	Change in Poverty Rate, 2012 - 2016
Strafford County	12,986	11.2%	11,875	10.1%	-1.1%
United States	44,852,527	14.9%	46,932,225	15.1%	-.02%

Source: U.S. Census Bureau, 2012-2016 and 2008-2012 American Community Survey 5-Year Estimates.



Source: U.S. Census Bureau, 2012-2016 and 2011-2015 American Community Survey 5-Year Estimates.

Households in Poverty

Table 17 shows the number and percentage of households in poverty in Strafford County. In 2016, it is estimated that there were 4,958 households, or 10.4 percent, living in poverty within the Strafford County.

Table 17 Households in Poverty, 2012/16

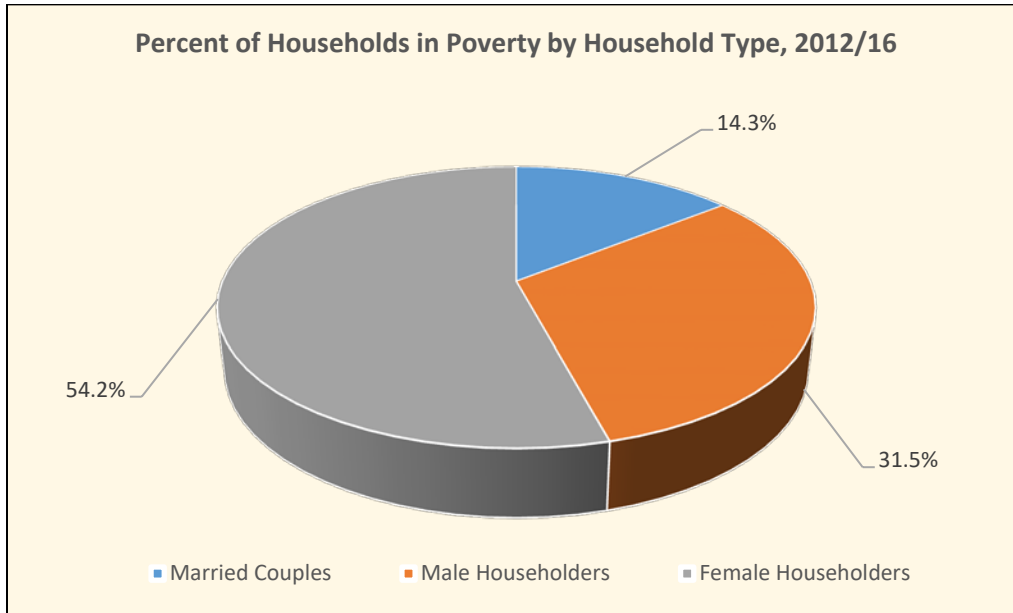
Geographic Area	Total Households	Households in Poverty	% Households in Poverty
Strafford County	47,779	4,958	10.4%
New Hampshire	521,373	44,054	8.4%
United States	117,716,237	16,652,240	14.1%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate.

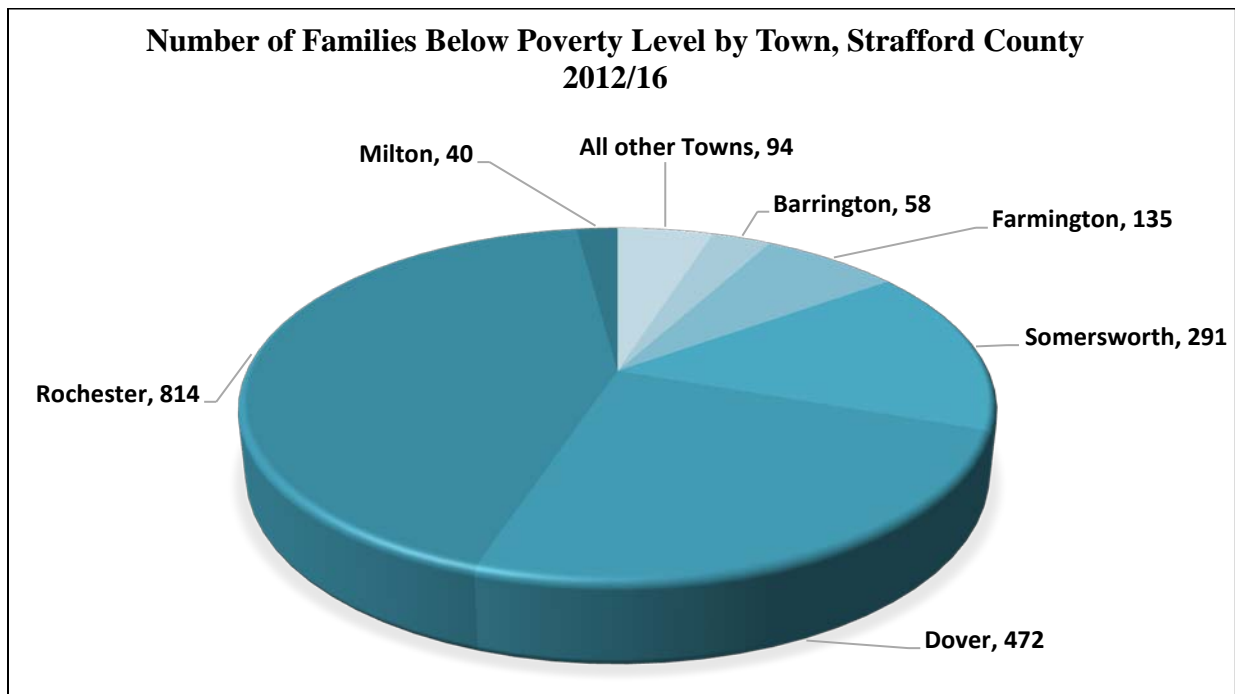
Household Poverty Rate by Household Type

The graphs below demonstrate the percentage of households in poverty by household type in the Strafford County. Of the households in poverty, female-headed households represented 54.2 percent of all households in poverty, compared to 31.5 and 14.3 percent of households headed by males and married couples, respectively.

In reviewing Head Start / Early Head Start enrollment data for 2017, 56% of families with children enrolled in Head Start or Early Head Start report living in a single-family household with 85% of those children living with their mother. The significance of this statistic is that a single-parent family reduces the overall household earning capacity by half. Single-parent families (and female-headed households in particular) are more susceptible to downward economic conditions and with over half of Head Start / Early Head Start children living in a single-family home, the potential need for services is double that of the typical Strafford County family.



Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate.



Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate.

Child (0-4) Poverty Rate (ACS)

Table 18 shows the population and poverty estimates for children under five years of age for the county. According to the American Community Survey 5 Year data, an average of 13.1 percent of children under five years of age lived in a state of poverty in Strafford County during 2016. The poverty rate for children under five years of age living in Strafford County is less than half the national average of 23.6 percent.

Table 18 Child (0-4) Poverty Rate, 2012/16

Geographic Area	Children, Ages 0 - 4 years		
	Total Population	In Poverty	Poverty Rate
Strafford County	6,350		13.1%
New Hampshire	63,727	8,333	13.1%
United States	19,554,400	4,614,933	23.6%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate.

Child (5-17) Poverty Rate (ACS)

Table 19 shows the population and poverty estimates for children aged five to seventeen for the county. According to the American Community Survey 5 year data, an average of 10 percent of children aged five to seventeen lived in a state of poverty during the 2016 calendar year. The poverty rate for children age five to seventeen living in Strafford County is less than half the national average of 20.3 percent.

Table 19 Child (5-17) Poverty Rate, 2012/16

Geographic Area	Children, Ages 5 - 17 years		
	Total Population	In Poverty	Poverty Rate
Strafford County	17,752	1,768	10.0%
New Hampshire	198,713	20,496	10.3%
United States	52,901,696	10,720,850	20.3%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

Child (0-17) Poverty Rate (ACS)

Table 20 shows the population and poverty estimates for children in Strafford County. According to the American Community Survey 5 year data, an average of 10.8 percent of children lived in a state of poverty during the 2016 calendar year. The poverty rate for children living in Strafford County is less than the national average of 21.2 percent.

Table 20 Child (0-17) Poverty Rate, 2012/16

Geographic Area	Children, Ages 0 - 17 years		
	Total Population	In Poverty	Poverty Rate
Strafford County	24,102	2,603	10.8%
New Hampshire	262,440	28,829	11.0%
United States	72,456,096	15,335,783	21.2%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

Child (0-17) Poverty Rate Change, 2012 - 2016

The poverty rate change for all children in Strafford County from 2000 to 2016 is shown in Table 21. According to the U.S. Census, the poverty rate for Strafford County decreased for the first time in many years with a net change of negative 2.6%, compared to a national increase of 0.4 percent.

Table 21 Change in Childhood (0-17) Poverty Rate, 2012/16

Geographic Area	Children in Poverty, 2012	Poverty Rate, 2000	Children in Poverty, 2016	Poverty Rate, 2012	Change in Poverty Rate, 2012 - 2016
Strafford County	3,314	13.4%	2,603	10.8%	-2.6%
United States	15,188,844	20.8%	15,335,783	21.2%	0.4%

Source: U.S. Census Bureau, 2012-2016 and 2008-2012 American Community Survey 5-Year Estimates.

Seniors in Poverty

Poverty rates for seniors (persons age 65 and over) are shown in Table 22. According to American Community Survey estimates, there were 970 seniors, or 5.8 percent, living in poverty within the Strafford County.

Table 22 Seniors in Poverty, 2012/16

Geographic Area	Seniors	Seniors in Poverty	Senior Poverty Rate
Strafford County	16,641	970	5.8%
New Hampshire	202,174	11,352	5.6%
United States	44,874,586	4,195,427	9.3%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates

Employment

According to New Hampshire’s Labor Market Report, 2017^{iv}, “the unemployment rate has been below 3.0 percent for an extended period of time (18 months). This has raised concerns among businesses regarding where additional workers are going to come from. The low unemployment rate is a reversal of the labor market trend from a couple of years ago, where there were many unemployed persons and few openings available”.

Current Unemployment

In November 2017, there were an estimated 1,600 unemployed in Strafford County residents, or 2.2% of the workforce. We know from our direct work in the adult dislocated worker program and workplace success, that adults are staying unemployed longer and having a harder time finding meaningful employment with wages and benefits. Several manufacturing companies have moved into the county, bringing jobs and opportunities for the region.

Table 23 Employment Information, November 2017

Geographic Area	Labor Force	Employment	Unemployment	Unemployment Rate
Strafford County	72,790	71,190	1,600	2.2%
New Hampshire	743,050	724,810	18,540	2.5%
United States (Converted from thousands)	160,533,000	153,917,000	6,616,000	4.1%
			Dover	2.0%
			Madbury	2.0%
			Strafford	2.0%
			Lee	2.1%
			Rochester	2.1%
			Rollinsford	2.1%
			Somersworth	2.1%
			Farmington	2.2%
			Barrington	2.3%
			New Durham	2.5%
			Durham	2.6%
			Milton	2.7%
			Middleton	2.9%

Source: New Hampshire Employment Security, Economic & Labor Market Information Bureau, NH Local Area Unemployment Statistics, November 2017 and US Department of Labor, Bureau of Labor Statistics

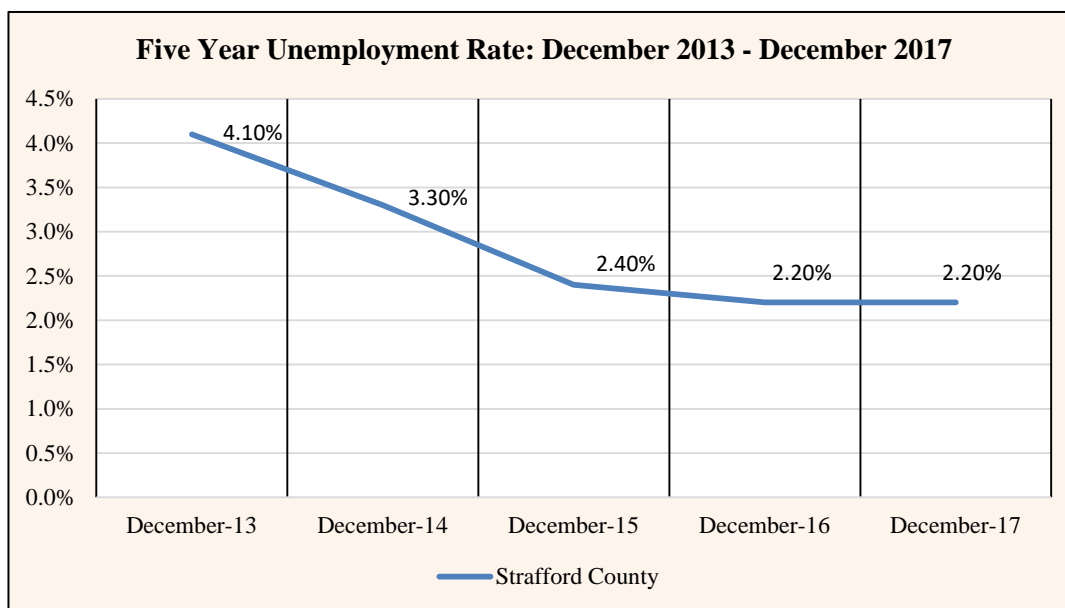
Five-Year Unemployment Rate

Unemployment change within Strafford County from December 2013 to December 2017 is shown in the chart below. According to the U.S. Department of Labor, unemployment for this five-year period fell from 4.1 percent to 2.2 percent and has been hovering in the low 2 percent range for the past three years.

Table 24 Five-Year Unemployment Rate, December 2013- December 2017

Geographic Area	December 2013	December 2014	December 2015	December 2016	December 2017
Strafford County	4.1%	3.3%	2.4%	2.2%	2.2%
New Hampshire	4.6%	3.7%	2.7%	2.5%	2.5%
United States	6.7%	5.6%	5.0%	4.7%	4.1%

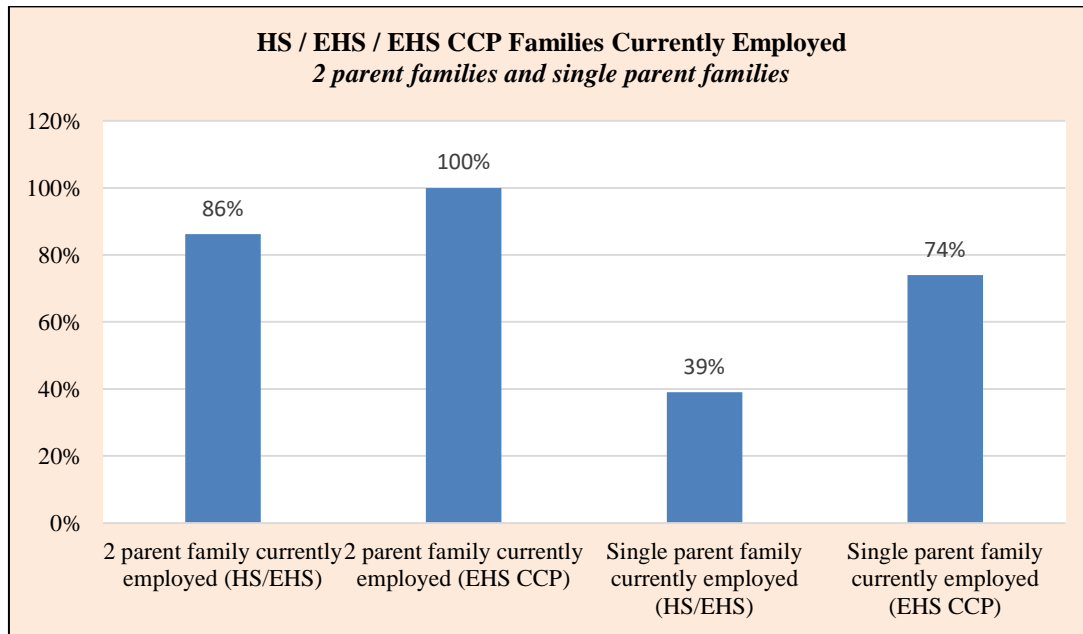
Source: New Hampshire Employment Security, Economic & Labor Market Information Bureau and US Department of Labor, Bureau of Labor Statistics



Source: New Hampshire Employment Security, Economic & Labor Market Information Bureau and US Department of Labor, Bureau of Labor Statistics

Employment in Head Start Families

Table 25 Employment of Parents in Head Start and Early Head Start (at enrollment) 2017



Source: 2017 Head Start / Early Head Start Enrollment Data

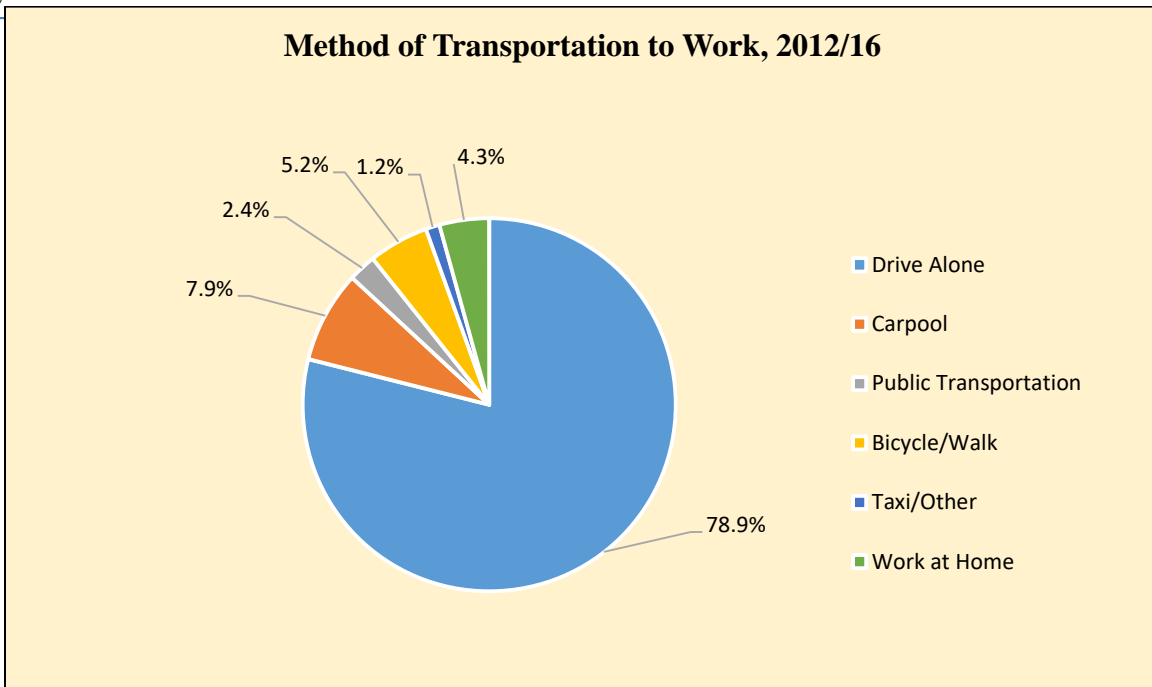
Commuter Travel Patterns, 2012-16

Table 26 shows the method of transportation workers used to travel to work for Strafford County. Of the 64,349 workers in the Strafford County, 86.8 percent used private automobiles to travel to work. Of these, 78.9 percent drove to work alone while 7.9 percent carpooled. 2.4 percent of all workers reported that they used some form of public transportation, while 6.4 percent used some other means including walking, bicycles, and taxicabs to travel to work.

Table 26 Method of Transportation to Work, 2012/16

Geographic Area	Workers 16 and Up	Method of Transportation to Work (Percent)					
		Drive Alone	Carpool	Public Transportation	Bicycle/Walk	Taxi/Other	Work at Home
Strafford County	64,349	78.9%	7.9%	2.4%	5.2%	1.2%	4.3%
New Hampshire	689,995	81.0%	7.9%	0.9%	3.2%	1.0%	6.1%
United States	145,861,221	76.4%	9.3%	5.1%	3.4%	1.2%	4.6%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate



Commute Time to Work

Commute time for workers is shown in Table 27 for Strafford County. The median commute time for the Strafford County of 27 minutes, consistent with the national median commute time.

Table 27 Travel Time to Work, 2012/16

Geographic Area	Workers 16 and Up	Travel Time to Work in Minutes (Percent of Workers)				Average Commute Time (minutes)
		Less than 10	10 to 30	30 to 60	More than 60	
Strafford County	64,349	13.7%	51.2%	26.1%	9.2%	26.8
New Hampshire	689,995	14.8%	47.7%	28.0%	9.6%	26.9
United States	145,861,221	12.9%	50.1%	28.4%	8.7%	26.1

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

Residents of Strafford County are very dependent upon private vehicles for transportation to work, especially in the Northern portions of the county where public transit options are very limited. Just under half the workers residing in Strafford County work outside the county or in an adjoining state.

Table 28 Selected Commuting Characteristics, 2012/16

	Households
No vehicles available	3.4%
1 vehicle available	16.6%
2 vehicles available	46.5%
3 + vehicles available	33.5%
Work in Strafford County	58.7%
Work in Another County	31.88%
Work in Another State	9.5%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

Education

Educational Attainment shows the distribution of educational attainment levels in the report area. Educational attainment is calculated for persons over 25, and is an estimated average for the period from 2012 to 2016. The highest rates of educational attainment in the county are concentrated in Southern communities surrounding the university, while Northern communities show lower rates of attainment in both high school and college degrees.

Educational Attainment and Dropout Rates

In 2012-2016, 92 percent of people 25 years and over had at least graduated from high school and 35 percent had a bachelor's degree or higher. An estimated 8 percent did not complete high school.

Table 29 Educational Attainment Levels, 2012/16

Geographic Area	% Less than 9th grade	% No High School Diploma	% High School Only	% Some College	% Associates	% Bachelors	% Graduate or Professional
Strafford County	2.3%	5.5%	27.7%	20.1%	9.6%	21.7%	13.2%
New Hampshire	2.4%	5.1%	28.4%	19.0%	9.8%	22.1%	13.4%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

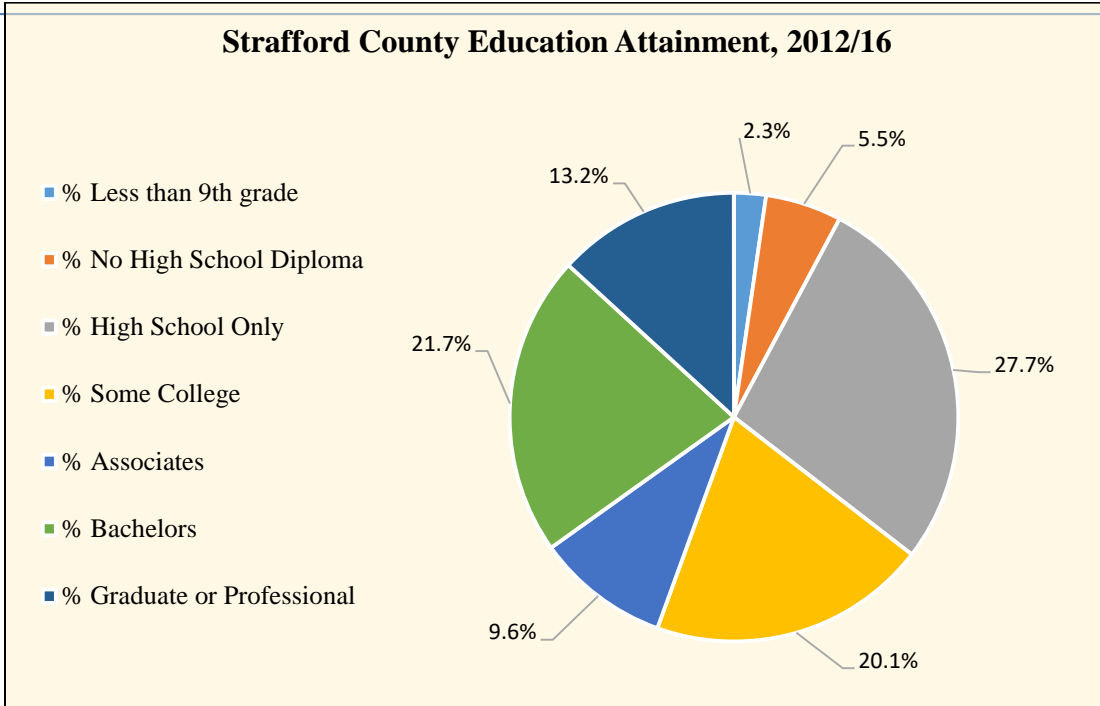
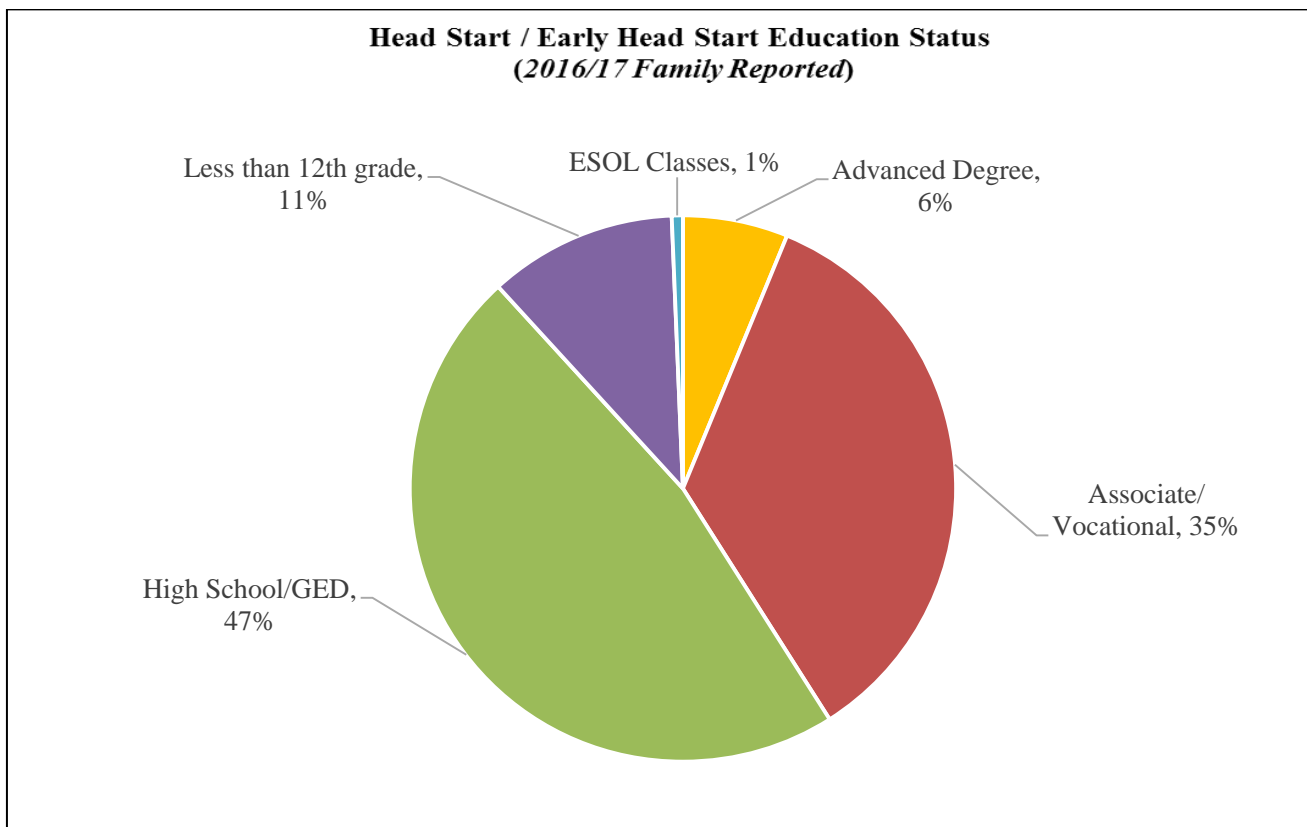


Table 30 High School Dropout Rates, 2016

District	High School	4-year Cumulative Dropout Rate
Rochester	Spaulding High School	1.41%
Farmington	Farmington Senior High School	2.61%
Dover	Dover Senior High School	3.53%
New Hampshire Total		4.39%
Somersworth	Somersworth High School	6.44%
Milton	Nute High School	6.65%

Source: NH Department of Education, Bureau of Data Management 2015/16 Dropouts and Completers

Table 31 Head Start / Early Head Start Family Education



Source: HS/EHS Family Report 2016/17

Housing and Homelessness

Strafford County residents have lower home-ownership rates than other New Hampshire Counties and pay a higher percentage of their income in rent. They are more likely to have moved in the past year, and depend more heavily on the higher-cost home heating sources of oil and electricity.

These factors are frequently cited by service providers as causes of family homelessness. Housing and homelessness were identified by service providers as one of the county's greatest concerns, and the numbers of people experiencing homelessness, as shown below, consistently exceed the available shelter space in the region.

There is a significantly higher percentage of mobile homes in Strafford County than the rest of the state as well. Nearly 20% of the housing units in Rochester and Farmington are mobile homes, while only 0.2% of Rollinsford's and 0.2% of Durham's housing units are mobile homes. There is also a higher concentration of low-income residents in mobile home parks.

Homeowners and Housing Types

In 2012-2016, Strafford County had approximately 47,800 occupied housing units, of which 65 percent were owner occupied. An estimated 13.5 percent of households (owner and renter occupied) had moved in since 2015.

Table 32 Selected Housing Data, 2012/16

Geographic Area	% of Housing Units		
	Owner - Occupied	2+ units/structure	Mobile Homes
Strafford County	68.4%	30.6%	9.8%
New Hampshire	74.0%	25.3%	5.8%
United States	65.1%	26.1%	6.3%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

Vacancy Rates

The U.S. Postal Service provided information quarterly to the U.S. Department of Housing and Urban Development on addresses identified as vacant in the previous quarter. Residential and business vacancy rates for Strafford County in the third quarter of 2016 are reported in Table 33. In the third quarter of 2016, a total of 619 residential addresses were identified as vacant in the Strafford County, a vacancy rate of less than 1 percent, and 323 business addresses were also reported as vacant, a rate of 6.4 percent.

Table 33 USPS Address Vacancies, 3d Quarter, 2016

Geographic Area	Residential Addresses	Vacant Residential Addresses	Residential Vacancy Rate	Business Addresses	Vacant Business Addresses	Business Vacancy Rate
Strafford County	71,235	619	0.9%	5,065	323	6.4%
New Hampshire	637,702	6,430	1.0%	71,286	3,283	4.6%
United States	146,832,025	3,825,190	2.6%	13,835,679	1,232,945	8.9%

Source: U.S. Department of Housing and Urban Development Aggregated USPS Administrative Data on Address Vacancies, Third Quarter, 2016.

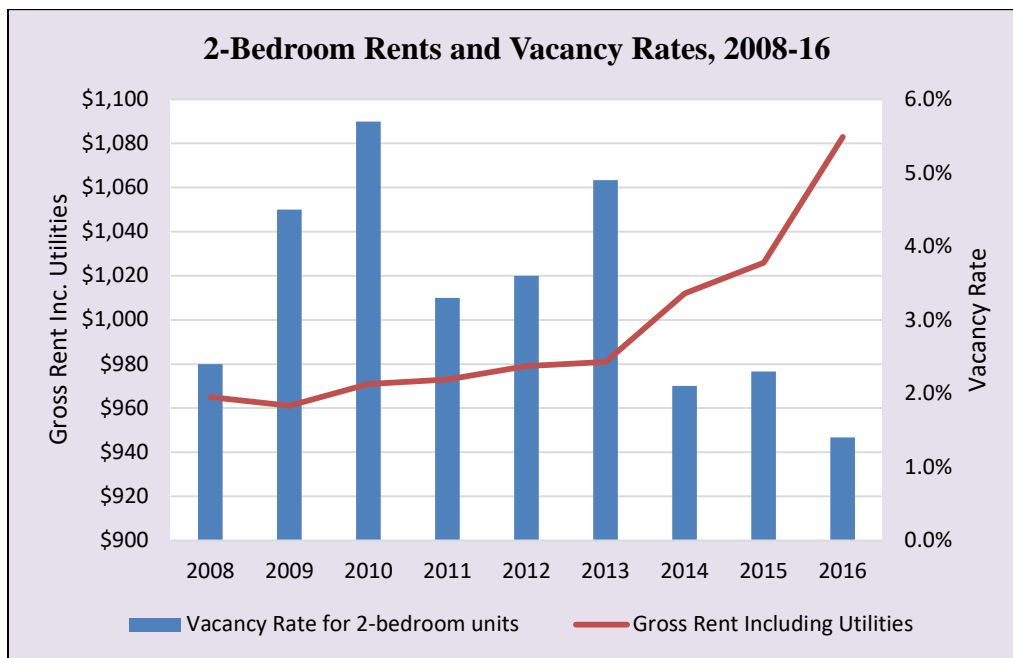
Housing Affordability

An estimated 34 percent of homeowners with mortgages, 21 percent of owners without mortgages, and 49 percent of renters in Strafford County spent 30 percent or more of household income on housing. The median monthly housing costs for mortgaged homeowners was \$1,816 and \$1,083 for a 2-bedroom apartment.

The New Hampshire Housing Finance Authority (NHHFA)^v considers “Affordable Gross Rent” to be 30% of a household’s income. Based upon the median income of renting households in Strafford County, the ideal affordable median gross rent would be \$871. Unfortunately, for low-income households, most rental units are priced well above

that level especially in the surrounding areas of Dover. Rents in Strafford County are at an all-time high, increasing 5.5 percent from 2015 alone with vacancy rates at an all-time low of 1.4 percent. By NHHFA’s calculations, less than 3% of the housing units in the county are priced below an affordable rent compared to 14% in other parts of New Hampshire.

The following graph demonstrates the climbing gross rent and decreased availability of 2-bedroom units in Strafford County.



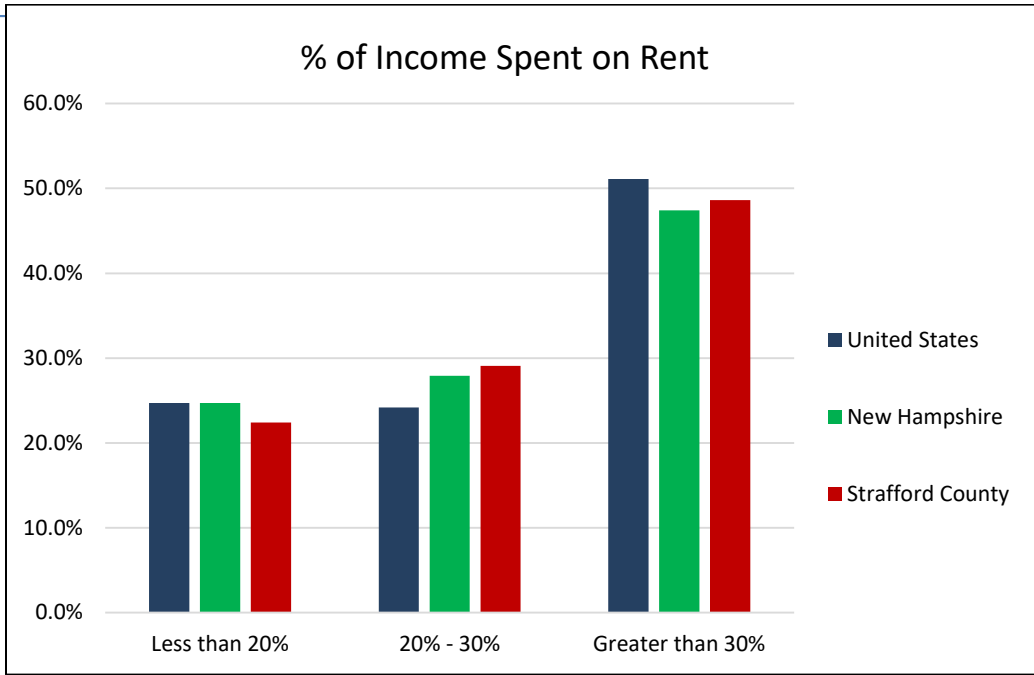
Source: NH Housing Finance Authority Rental Cost Survey 2016

In Strafford County, between 2012 and 2016 there was an 8.5 percent increase in median household income (\$58,538 to \$63,533). During the same period, Strafford County saw a 10.6 percent increase in median rent for a 2-bedroom unit (\$979 to \$1,083 per month). As Table 34 below demonstrates, the gap between affordable gross rent and the median gross rent for a 2-bedroom unit in Strafford County is significant with only 3 percent below the affordable rent range.

Table 34 Rental Affordability for Median Household Incomes, 2016

Geographic Area	Median Income of Renter Households (est.)	Affordable Gross Rent based on Median Income	Median 2 BR Gross Rent	% of 2 BR Apartments priced Below Affordable Rent
Strafford County	\$ 34,857	\$ 871	\$ 1,083	3.0%
New Hampshire	\$ 37,949	\$ 949	\$ 1,157	14.0%

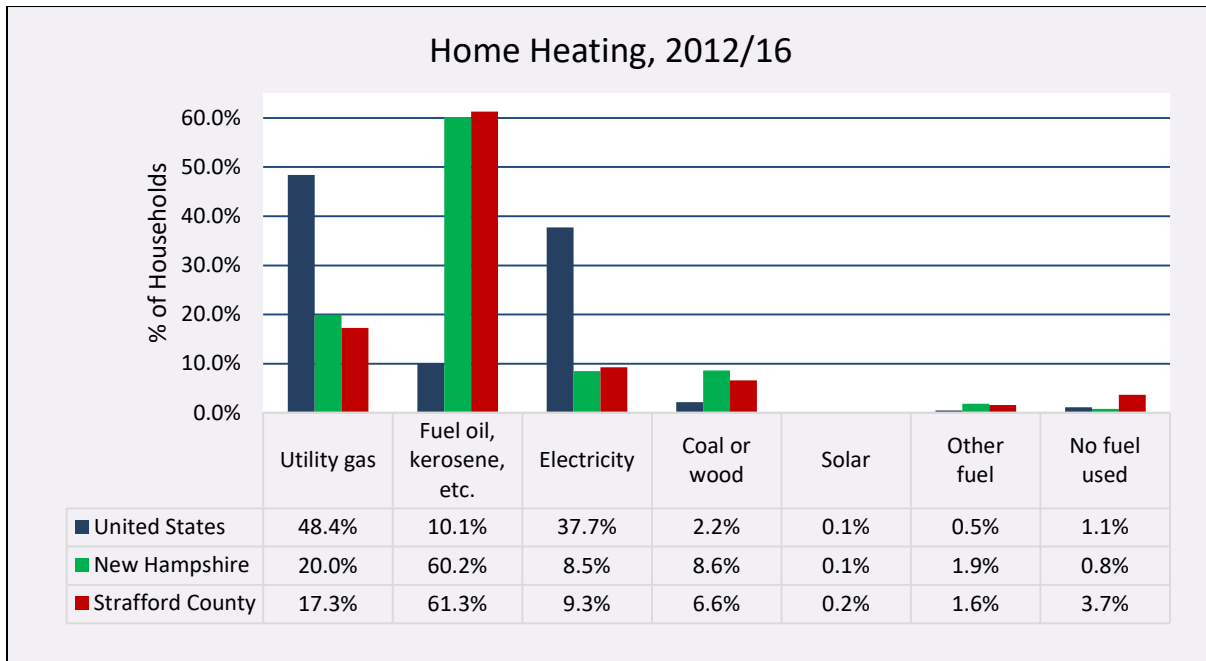
Source: NH Housing Finance Authority, Rental Cost Survey 2016



Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

Home Heating

Homes in Strafford County are heated in the following ways:



Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

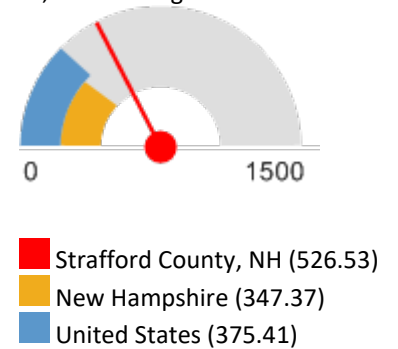
Public / Subsidized Housing

Strafford County has multiple housing assistance programs for individuals meeting income eligibility requirements. Dover, Rochester, and Somersworth each have a Housing Authority program that operates Section 8 Housing Choice Vouchers and affordable housing and public housing programs within Strafford County (NH Housing Finance Authority, 2018). There are significant waiting lists for these programs (one to three years). In addition, multiple property management companies manage affordable housing units within the towns of Dover, Farmington, Rollinsford, Rochester and Somersworth.

Table 35 Total HUD-Assisted Housing Units, 2016

Demographic Area	Total Housing Units (2010)	Total HUD-Assisted Housing Units	HUD-Assisted Units, Rate per 10,000 Housing Units
Strafford County, NH	51,697	2,722	526.53
New Hampshire	614,754	21,355	347.37
United States	133,341,676	5,005,789	375.41

HUD-Assisted Units, Rate per 10,000 Housing Units



Source: US Department of Housing and Urban Development. 2016. Source geography: County

Homelessness

According to the 2017 State of Homelessness in New Hampshire report^{vi}, the reported number of overall homeless individuals increased by 66.7% between 2016 and 2017. Strafford County saw a 28% increase in the number of adults in shelters from 2016 to 2017 but a 20% decrease in children in shelters.

Table 36 Strafford County Residents Served by Regional Homeless Shelters, 2017

Shelter	Adults	Children
My Friend's Place, Dover	111	26
Homeless Center, Rochester	73	59
Cross Roads House, Portsmouth	156	34
Total	340	119

Source: Shelter reporting

For purposes of the federal Point-in-Time Count, The NH Coalition to End Homelessness defines people experiencing homelessness in one of two distinct categories: those who are living in temporary shelters, such as emergency shelters or transitional housing, and those who are living unsheltered, such as in a tent, a car, or somewhere else not meant for human habitation. People experiencing unsheltered homelessness often have higher mortality rates due to exposure to hazardous environments and less access to preventative healthcare.

Table 37 Point-In-Time Count of Homeless Persons in Strafford County, Jan. 25, 2017

	Individuals	Families	Family Members
Sheltered	36	12	36
Unsheltered	30	4	8
Doubled Up	21	8	17
Total	87	24	61

Source: New Hampshire Department of Health and Human Services, Bureau of Homeless and Housing Services, 2017

Table 38 Students Identified as Homeless in Selected School Districts, SY 2016/2017

District	# Homeless	% of Total
Barrington	30	7.26%
Cochecho Arts and Technology	0	0.00%
Dover	108	26.15%
Farmington	44	10.65%
Milton	16	3.87%
Rochester	158	38.26%
Rollinsford	0	0.00%
Seacoast Charter	0	0
Somersworth	57	13.80%
Strafford	0	0.00%
<i>Total</i>	<i>413</i>	<i>100.00%</i>

Source: New Hampshire Department of Education

Reporting of this data has historically been by type of homeless (doubling up, hotel/motel, shelter, etc.) but the data is not available from the NH Department of Education for the most recent year as of this publication due to the size of the data pool. The low numbers could lead to identification of students so numbers are reported here in total to protect identifies.

Table 39 Head Start and Early Head Start Participants Experiencing Homelessness, 2017

Number of Children	40
Number of Families	37

Source: 2017 Head Start / Early Head Start Enrollment Data

The number of Head Start and Early Head Start families reporting homelessness continues to grow. The chart above indicates a 23% increase in families reporting homelessness from the prior program year (2016: 30 families). Homeless children are more at risk for developmental delays; chronic and acute health problems; and behavioral, emotional, and mental health issues than their housed peers. Homelessness continues to be a priority for selection of children enrolled in the Head Start and Early Head Start programs.

Nutrition

Free and Reduced Lunch Program

This indicator measures the percent of children in grades 1 through 12 eligible for free or reduced-price lunch under the National School Lunch Program. Children living in households at or below 130% of the federal poverty level qualify for free meals; those with incomes between 131% and 185% of poverty qualify for reduced-price meals.

Every child participating in the Head Start / Early Head Start program automatically qualifies for free school lunch. Eligibility for free or reduced-price lunch is widely used as a proxy for poverty rates in federal programs such as Title 1. With this in mind, an analysis of free or reduced-price lunch by school district is provided in the table below.

Table 40 Students Eligible for Free and Reduced Lunch Program, SY 2016-17

District	Enrollment	# Eligible	% Eligible
Somersworth	1,435	667	46.48%
Farmington	821	379	46.16%
Rochester	3,857	1,610	41.74%
Milton	492	169	34.35%
Dover	3,657	1,107	30.27%
NH Average			26.56%
Rollinsford	140	26	18.57%
Barrington	799	116	14.52%
Strafford	373	49	13.14%

Source: NH Dept. of Education, Bureau of Data Management, Free/Reduced School Lunch Eligibility, 2016 - 2017

Table 41 shows 4,399 households (or 9.2 percent) in Strafford County received SNAP payments during 2016. During this same period, there were 2,978 (or 6.86 percent) households with income levels below the poverty level that were not receiving SNAP payments. More than half of all households receiving SNAP benefits in Strafford County reside in the towns of Milton, Rochester, Farmington, and Somersworth where participation has increased over the past years.

Table 41 Households Receiving SNAP Benefits by Poverty Status, 2016

Geographic Area	Households Receiving SNAP				Households NOT Receiving SNAP			
	Total	Percent	Income Below Poverty	Income Above Poverty	Total	Percent	Income Below Poverty	Income Above Poverty
Strafford County	4,399	9.2%	1,980	2,419	43,380	90.8%	2,978	40,402
New Hampshire	40,865	7.8%	17,608	23,257	480,508	92.2%	26,446	454,062
United States	15,360,951	13.0%	7,727,684	7,633,267	102,355,286	87.0%	8,924,556	93,430,730

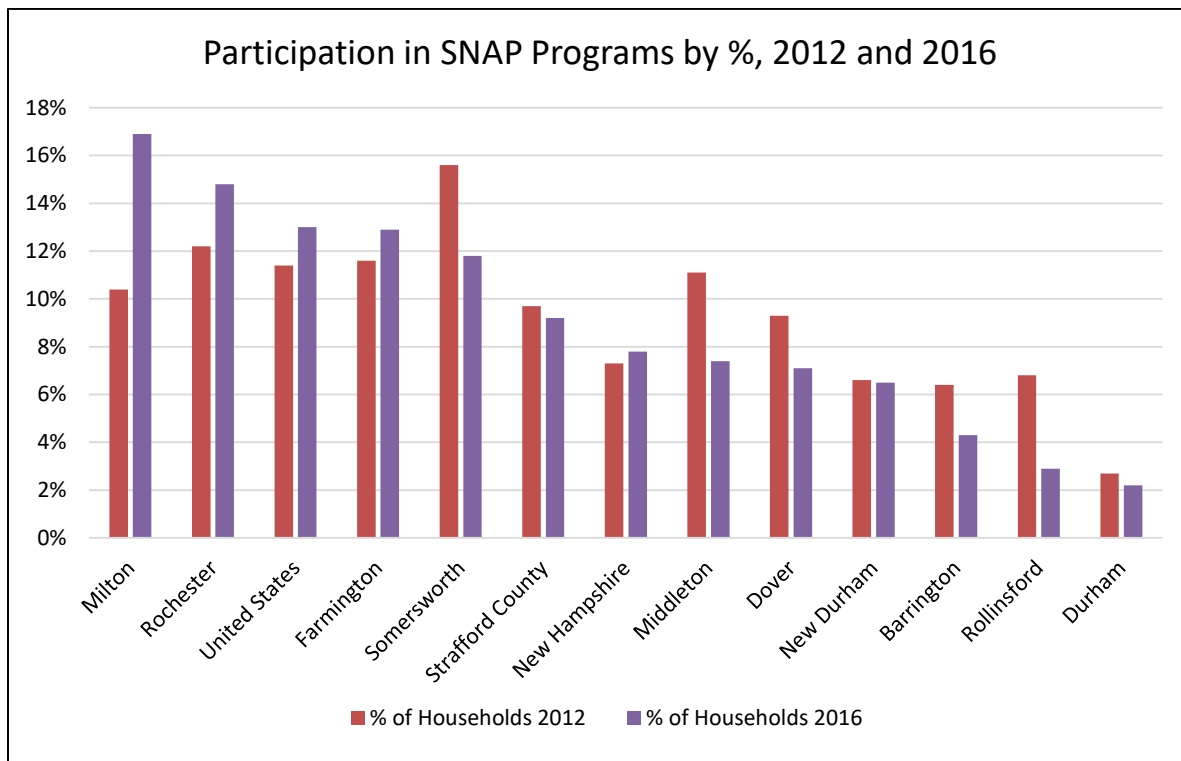
Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

Table 42 Participation in SNAP Programs by City/Town, 2016

	# Households Participating 2016	% of Households 2016
Milton	289	16.9%
Rochester	1,913	14.8%
United States		13.0%
Farmington	353	12.9%
Somersworth	547	11.8%
Strafford County		9.2%
New Hampshire		7.8%
Middleton	44	7.4%
Dover	911	7.1%
New Durham	63	6.5%
Barrington	144	4.3%
Rollinsford	30	2.9%
Durham	72	2.2%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

SNAP participation rose noticeably in the following areas during the period of 2012 and 2016: Milton, Rochester and Farmington while the areas of Somersworth, Middleton, Dover, Barrington and Rollinsford saw noticeable decreases.



Women, Infants, and Children Participation

All infants and children under age 5 are eligible for Women, Infants, and Children (WIC) participation if family income does not exceed 185% of the federal poverty level.

Based on 2017 Head Start data, the percentage of Head Start / Early Head Start participants enrolled with WIC at the of the program year was 74%, significantly higher than the state average of 44%. This is to be expected with the nature of the Head Start / Early Head Start program and associated income limitations.

Health

Disabilities

The American Community Survey estimates the number of persons with various disabilities including hearing; vision; cognitive; ambulatory; and self-care. Strafford County estimates are similar to the state overall, with slightly higher rates at higher margins of sampling error. When breaking down to the municipal level, the margins of error are higher, particularly in smaller towns. However, even with those higher margins of error, rates in the Northern cities and towns of Strafford County are all significantly higher than the Southern towns. The five highest estimates are on the Northern border of the county, the four lowest on the Northern border.

Table 43 Civilian, non-institutionalized population with Disabilities, 2012/16

	Percent of Population				
	Margin of Error				
	Age				
Geographic Area	Total Population	Under 5	5 - 17	18 - 64	Over 65
United States	12.50%	0.80%	5.40%	18.90%	75.40%
	+/-0.1	+/-0.1	+/-0.1	+/-0.1	+/-0.1
New Hampshire	11.30%	90.00%	6.00%	18.20%	69.40%
	+/-0.2	+/-0.2	+/-0.4	+/-0.3	+/-0.7
Strafford County	11.90%	1.10%	6.00%	20.40%	74.70%
	+/-0.8	+/-1.2	+/-1.2	+/-1.3	+/-3.7

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

Children with Disabilities

The office of Head Start requires programs ensure at least 10 percent of its total funded enrollment be filled by children eligible for services under IDEA. Children eligible for services under IDEA should be prioritized for available slots. In program year 2016/17, Strafford County Head Start / Early Head Start provided services to 30 preschoolers with Individualized Education Plans and 9 infants and toddlers with Individual Family Support Plans.

Table 44 Preschool Children with Identified Disabilities, in our Catchment Area, (2017 State Report) by School District

School District	Developmental Delay	Speech or Language Impairments	Grand Total*
Barrington			9
Dover	26		39
Oyster River Cooperative		16	16
Farmington			13
Rochester	31	25	65
Somersworth			13
Strafford			6
Milton			12
Grand Total	57	41	173

* If the number of children in a particular category is small enough for there being a possibility of identifying a child, then the categories are left out and only the total is reported. Other disabilities may include: Autism, Deaf-Blindness; Emotional Disturbance; Hearing Impairments; Multiple Disabilities; Mental Retardation; Other Health Impairments; Orthopedic Impairments; Specific Learning Disability; Traumatic Brain injury; and Visual Impairments. *Source: NHSEIS CHILD COUNT DATA 10/2017*

Table 45 Children Birth to Age Three with Identified Disabilities, Strafford County (2016/17)

Town	Established Condition	Developmental Delay	Grand Total
Barrington	4	10	14
Dover	14	46	60
Durham	0	7	7
East Rochester	1	1	2
Farmington	0	21	21
Gonic	0	2	2
Lee	2	4	6
Madbury	1	4	5
Milton	1	5	6
Milton Mills	0	0	0
New Durham	0	3	3
Rochester	12	61	73
Rollinsford	0	4	4
Somersworth	7	24	31
Strafford	1	9	10
Grand Total	43	201	244

Source: Family Center Early Supports and Services 2016-17

Childhood Obesity

Being overweight or obese increases the risk for several chronic diseases including heart disease, stroke, hypertension, type 2 diabetes, osteoarthritis and certain cancers. Overweight is defined as having a BMI of 25.0-29.9, and obesity as having a BMI equal to or greater than 30. BMI is calculated by dividing weight in kilograms by height in meters squared. Obese children are more likely to develop Type 2 diabetes, heart disease, and asthma and are up to 10 times more likely than healthy-weight children to be obese as adults. Research shows, females are more likely to report their weight as lower than the actual measure, and males are more likely to report a higher height than the actual measure. It's likely that if the subjects responding in this survey, were directly measured, their BMIs and obesity rates would be higher than shown.

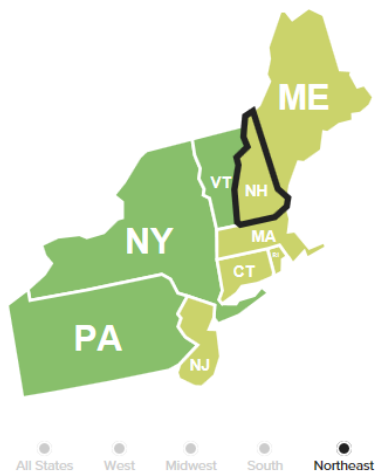
Head Start program information reports for 2016/17 indicate 12% of enrolled children were considered to have BMI's in the overweight range, 8% in the obese range and 2% in the underweight range. Families with children falling in these categories are provided the opportunity to meet with a Nutrition Consultant.

Obesity Rate: WIC Participants Ages 2-4, 2014

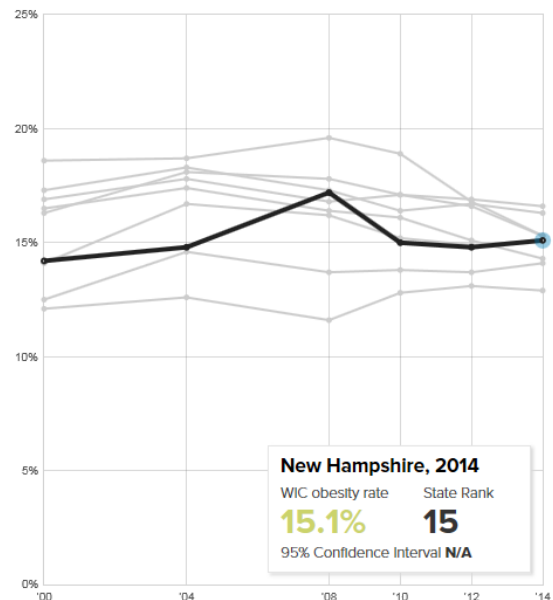
Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

Percent of WIC participants ages 2-4 with obesity

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+



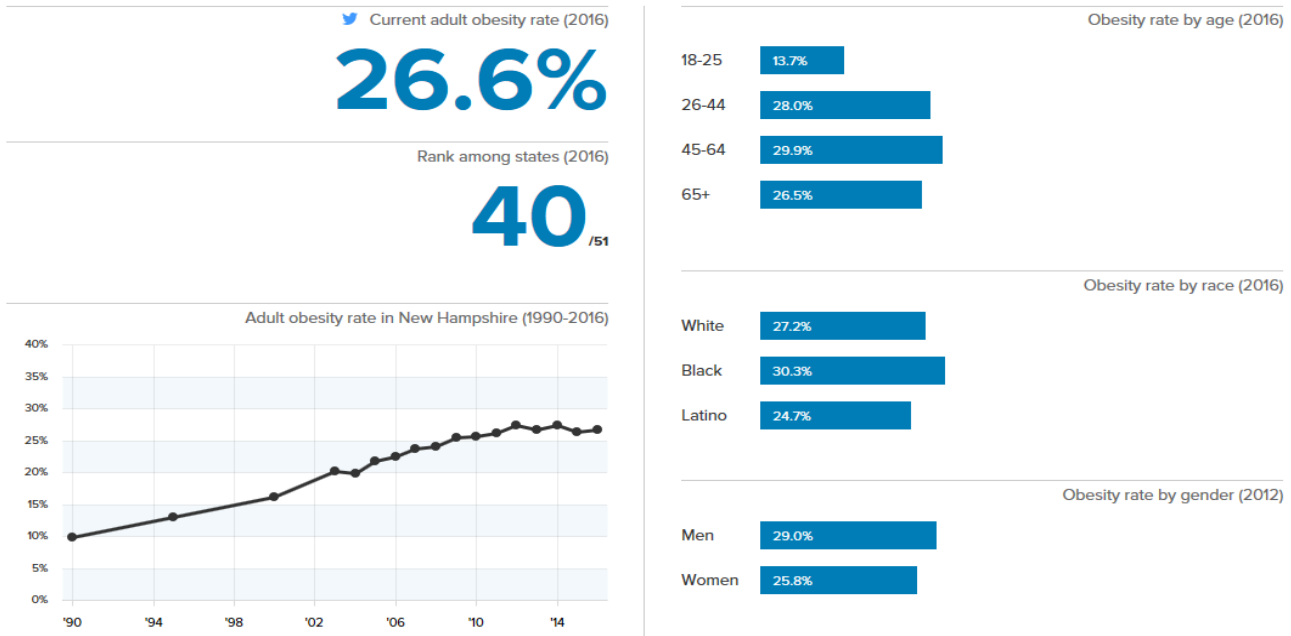
Obesity Among Participants Ages 2-4, 2000 to 2014



Source: *The State of Obesity, 2014* (A study conducted by the CDC and the USDA analyzing trends in obesity from 2000 to 2014 among 2- to 4-year-old WIC participants)

New Hampshire has the 11th lowest adult obesity rate in the nation, according to *The State of Obesity: Better Policies for a Healthier America*^{vii} released August 2017. New Hampshire's adult obesity rate is currently 26.6 percent, up from 16.1 percent in 2000 and from 9.9 percent in 1990. Among NH adults, overweight and obesity are increasing with age. Obesity rates are higher among those with lower incomes and less education. Overweight is more prevalent among those with higher incomes. Females are less likely to report obesity or overweight than males.

Adult Obesity **New Data**



Source: Trust for America's Health and Robert Wood Johnson Foundation. [The State of Obesity 2017 \[PDF\]](#). Washington, D.C.: 2017.

Immunization Rates

Immunization of children for selected diseases is required for school and day care entry in accordance with NH Statutes. New Hampshire has consistently high levels of vaccination coverage as demonstrated in table 52 below. Strafford County Head Start reported 100% and Early Head Start reported 95% of enrolled children up to date on all possible immunizations or exempt at the end of program year 2016/17.

Table 46 Estimated Vaccination Coverage for Children 19-35 months, 2016

	% Up-to-date
Polio (≥3)	97.7%
Diphtheria, Tetanus, and Pertusis (DTaP) (≥3)	97.8%
Measles, Mumps and Rubella (MMR) (≥1)	95.9%
Hepatitis B (≥3)	96.0%
Varicella (≥1)	92.3%

Source: Centers for Disease Control, National Immunization Survey – Child, 2016

Oral Health

Strafford County has two major dental providers accepting Medicaid for children locally. The Wentworth-Douglass Community Dental Center is open to low-income, uninsured adults and children living in Wentworth-Douglass Hospital’s primary service area or patients of Wentworth Health Partners: Barrington, Dover, Durham, Lee, Madbury,

Rollinsford, and Somersworth. Goodwin Community Health offers integrated, comprehensive dental services to children and adults in Strafford County. Most insurance is accepted, and a sliding-scale fee based on household income is available.

Head Start partners with Goodwin Community Health to provide dental exams for children who do not have a dentist and are unable to access services elsewhere. In program year 2016/17, 118 Head Start children (58%) received an oral health exam. Of these, 22 (19%) were diagnosed as needing dental treatment and of this number, 17 (77%) received or were receiving treatment at the end of the program year.

Lead

The amount of lead in blood is referred to as blood lead level (BLL). BLLs are measured in micrograms of lead per deciliter of blood (µg/dL). There is no known safe BLL. Exposure to lead can seriously harm a child’s health.

In the United States, the major source of lead exposure among children is lead-based paint and lead-contaminated dust found in older buildings. Children under the age of 6 years are at risk for lead poisoning because they tend to put their hands or other objects into their mouths. Children can be exposed to lead by eating lead-based paint chips, chewing on objects painted with lead-based paint or swallowing house dust or soil that contains lead.

No safe level of lead exposure has been identified. However, CDC recommends public health interventions when a child’s blood lead level (BLL) is greater than 5 micrograms of lead per deciliter of blood (µg/dL).

Too much lead in the body can cause permanent damage to the brain, kidneys, nervous system and red blood cells. In children, exposure to lead may result in:

- Behavioral Problems
- Decreased Intelligence
- Learning Disabilities

Strafford County with its pre-1950 housing stock has towns with a greater risk of lead exposure when compared to other counties in New Hampshire. Several factors influence the rate of lead poisoning. Cities and towns with 27% or more pre-1950 housing stock are considered high risk. The community of Rochester is classified as one of six areas designated as the State’s “higher risk” communities.

Table 47 Lead Surveillance Data for 2014

Town / City	# BLL >10mcg/dL	% Pre-1950s Housing	% Under 6 Below Poverty	% Living in Rental Units	% Public Insurance
Rochester	44	24%	32%	33%	50%

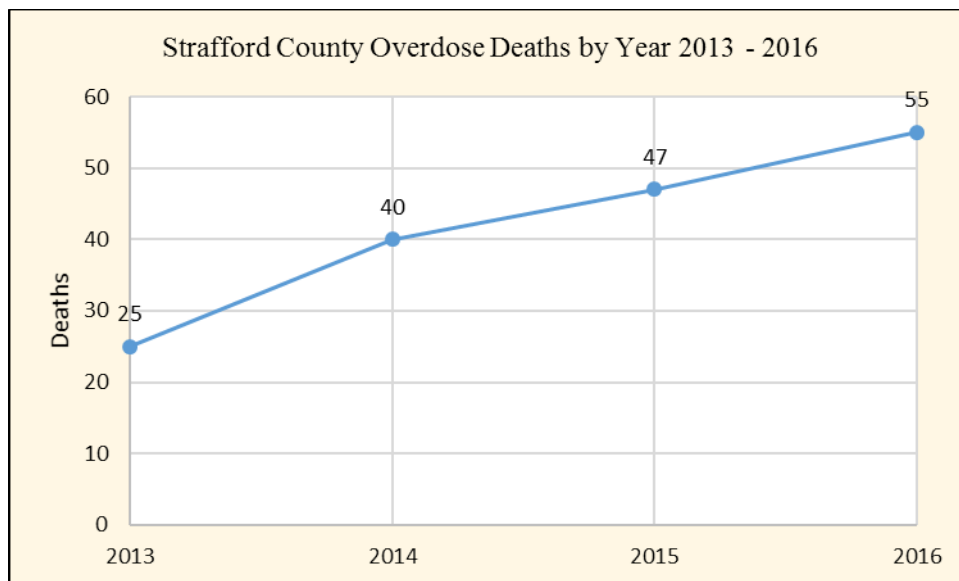
Source: Healthy Homes & Lead Poisoning Prevention Program, 2014 Lead Poisoning Surveillance Report

The 2016/17 Program Information Report for Head Start / Early Head Start indicates 5 children had instances of high lead.

Substance Misuse

According to a 2016 report issued by One Voice for Strafford County, approximately 105,000 individuals (9% of the population over 12 years of age) in New Hampshire meet the American Psychiatric Association (APA) diagnostic criteria for substance use disorders (SUD). Approximately 5,000 people receive SUD services through contracts administered by the Department of Health and Human Services (DHHS) Bureau of Drug and Alcohol Services (BDAS). New Hampshire is consistently ranked highest in the nation for alcohol consumption among adults and young people per capita, and among the highest for illicit drug use, while access to treatment for resident's remains among the lowest in the U.S.^{viii}

Strafford County has seen a drastic increase in substance misuse. Heroin and opioid use among NH residents continues to surge dramatically, particularly in Strafford County with 55 deaths in 2016. According to the *NH Bureau of Emergency Medical Services*, 449 doses of Narcan were administered in Strafford County during 2016. In 2016, residents from Strafford County had the most opioid related ED visits per capita with 76.67 visits per 10,000 population and had the second highest suspected location of drug use resulting in overdose deaths per capita at 4.39 deaths per 10,000 population^{ix}.



Source NH Drug Monitoring Initiative, 2016 Overview Report Issued October 26, 2017

Head Start / Early Head Start families self-report family substance misuse and in program year 2017/18, 38 families reported being a parent in treatment, 30 reported a parent being in recovery and 16 reported a parent actively using.

CAPSC works closely with Hope on Haven Hill, which recently opened and provides a safe, supportive environment for eight women who are either pregnant or newly postpartum. Moms who reside there receive comprehensive treatment and counseling for substance use disorders. Participants receive group therapy, private counseling, childbirth classes, life

skills coaching, recovery support services and enrichment programs. CAPSC collaborates with Hope on Haven Hill to enroll moms and their babies in Early Head Start services.

Trauma and Toxic Stress

Childhood experiences, both positive and negative, have a tremendous impact on lifelong health. As such, early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACEs)^x. A recent ACEs study looked at how 10 types of childhood trauma affect long-term health. They include: physical, emotional and sexual abuse; physical and emotional neglect; living with a family member who's addicted to alcohol or other substances, or who's depressed or has other mental illnesses; experiencing parental divorce or separation; having a family member who's incarcerated, and witnessing a mother being abused. While there is little data surrounding childhood trauma in Strafford County, with the high use of substances in the county, an area worth exploring is the use of ACEs with Head Start / Early Head Start families to gather data around trauma and then identifying supports and resources to build a child's ability to cope with adversity.

Maternal and Child Health

Number of Low Birth Weight Babies

Low birth weight is when a baby is born weighing less than 5 pounds, 8 ounces. According to the March of Dimes, about 1 in every 12 babies in the United States is born with low birth weight.

The 2017 County Health Rankings and Roadmaps indicate a low birth weight rate of 7% in Strafford County. In comparison, the U.S. rate in 2015 (most recent data) was 8.07%.

Teen Pregnancy Rate

Teen pregnancy and childbearing have a huge social, medical, and economic impact on families as well as the community. Children of teen mothers are at higher risk for poor academic performance, lower cognitive attainment, and proficiency scores at kindergarten entry.

New Hampshire has one of the lowest teen pregnancy rate in the country, according to a recent study by the National Center for Health Statistics. There were only 10.9 births per 1,000 women ages 15 to 19 years old in 2015. Of these births, 4.2 per 1,000 were born to teens ages 15 – 17 and 19.5 per 1,000 were born to teens ages 18 – 19.

Strafford County has a birth rate of 13 per 1,000 women ages 15 to 19 years old, according to the 2017 County Health Rankings and Roadmap data^{xi}.

Table 48 Teen Birth Rate Decline

Teen Birth Rates		
	New Hampshire	United States
Overall decline in teen births past 24 years (1991 to 2015)	-67%	-64%
Decline in teen births past year (2015 to 2016)	-3%	-8%

Source: U.S. Dept. of Health and Human Services, Office of Adolescent Health, 2015

Infant Mortality Rate

The infant mortality rate is defined as the rate of deaths during the first year of life per 1,000 live births. Overall, the infant mortality rate in New Hampshire has been consistently low and among the best in the country: 4.6 per 1,000 births in New Hampshire on average (2009-13) and 6.2 per 1,000 births in Strafford County for the same time period according to the National Kids Count Data Center.

County Health Ranking

A collaboration of the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute produced numerical Health Rankings for counties nationwide, showing Strafford County among the lowest-ranked in New Hampshire. (For additional information about how the County Health Rankings are calculated, see www.countyhealthrankings.org)

Strafford County ranked well below the state average in key measures of “Physical Environment” and “Quality of Life.” The RWJ methodology uses the number of individuals reporting fair or poor health, number of physical and mental health days, and low birth weight to measure quality of life. It uses air pollution measures, drinking water violations and severe housing problems to assess the physical environment.

Table 49 RWJ Overall County Health Ranking within New Hampshire, 2017

County	Health Outcomes	Health Factors
Rockingham	1	1
Carroll	2	4
Grafton	3	2
Merrimack	4	3
Cheshire	5	5
Hillsborough	6	6
Belknap	7	9
Strafford	8	8
Sullivan	9	7
Coos	10	10

Source: Robert Wood Johnson Foundation

Table 50 RWJ County Key Indicators, Comparison to New Hampshire, 2016

Key Indicators	Strafford County	New Hampshire
Diabetes Prevalence	9%	11%
Frequent mental distress	11%	12%
Food insecurity	11%	11%
Children eligible for free / reduced lunch	35%	29%
Poor or fair health	13%	11%
Excessive drinking	18%	21%
Primary care physicians	1340:1	1060:1
Dentists	1490:1	1410:1
Mental health providers	480:1	390:1

Source: Robert Wood Johnson Foundation

Health Care

Medicare and Medicaid Providers

Total institutional Medicare and Medicaid providers, including hospitals, nursing facilities, federally qualified health centers, rural health clinics and community mental health centers for Strafford County are shown in Table 51.

According to the U.S. Department of Health and Human Services, there were 22 active Medicare and Medicaid institutional service providers in the Strafford County in 2016.

Table 51 Institutional Medicare and Medicaid Providers, 2016

Geographic Area	Total Institutional Providers	Hospitals	Nursing Facilities	Federally Qualified Health Centers	Rural Health Clinics	Community Mental Health Centers
Strafford County	22	2	6	2	0	0
New Hampshire	263	35	75	30	14	0
United States	72,892	7,175	15,652	7,666	4,156	163

Source: U.S. Department of Health and Human Services, fourth quarter 2016.

Persons Receiving Medicaid

Table 52 Medicaid Participation as of 12/31/17

Medicaid Participation by City / Town as of 12/31/17		Medicaid Participation by Health Plan as of 12/31/17			
City/Town	% of Town's population on Medicaid	NH Health Protection Program	FFS	NH Healthy Families Plan	Well Sense
Rochester	22.67%	1428	371	2020	2981
Farmington	20.19%	253	75	378	667
Milton	16.30%	159	42	171	378
Somersworth	19.91%	401	107	869	1012
Middleton	17.33%	51	17	104	140
New Durham	10.58%	58	11	75	131
Dover	12.17%	771	248	1221	1532
Barrington	10.08%	197	42	264	364
Strafford	9.78%	98	27	123	143
Lee	7.93%	82	24	112	123
Durham	1.88%	95	19	63	105
Rollinsford	9.92%	52	10	92	94
Madbury	6.39%	35	9	40	31

Source: NH Integrated Care Network (IDN 6)

Persons Receiving Medicare

The total number of persons receiving Medicare is shown below, broken down by number over 65 and number of disabled persons receiving Medicare for the Strafford County. The U.S. Department of Health and Human Services reported that a total of 21,775 persons were receiving Medicare benefits in the report area in 2015. A large number of individuals in our society are aware that persons over 65 years of age receive Medicare; however, many of them are unaware that disabled persons also receive Medicare benefits. A total of 4,502 disabled persons in the report area received Medicare benefits in 2015.

Table 53 Medicare Enrollment, 2011/15

Geographic Area	Persons Over 65 Receiving Medicare	Disabled Persons Receiving Medicare	Total Persons Receiving Medicare
Strafford County	17,273	4,502	21,775
New Hampshire	436,966	93,465	530,432
United States	46,727,720	8,856,429	55,584,149

Source: U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services, 2011-15

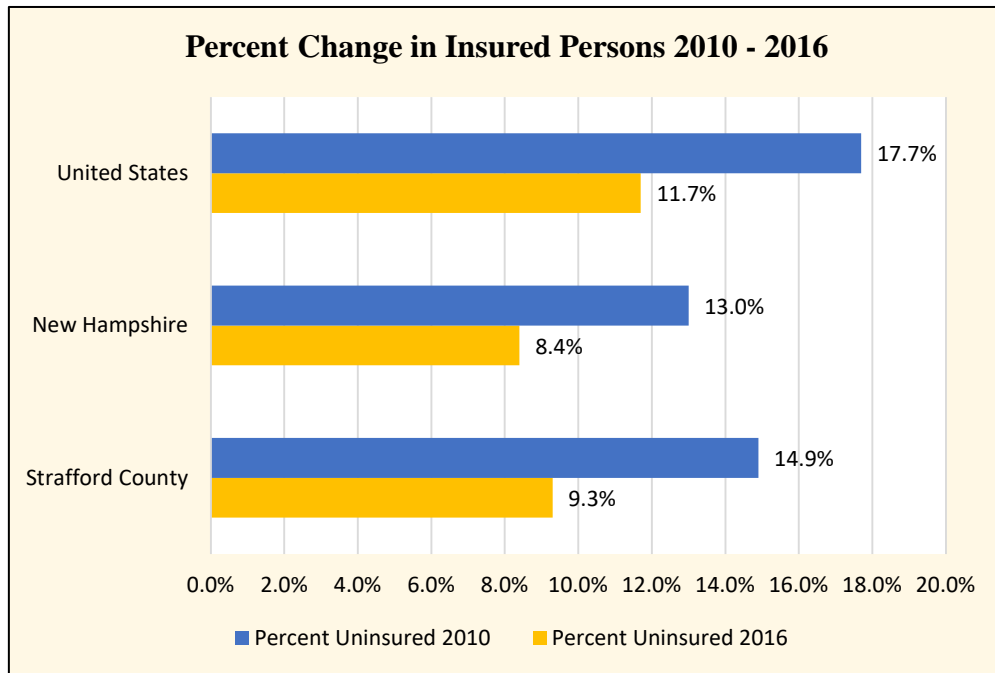
Uninsured Population

The uninsured population is calculated by estimating the number of persons eligible for insurance (generally those under 65) minus the estimated number of insured persons. In 2016, the percentage of persons uninsured in Strafford County was 9.3, a sharp decrease from 14.9 in 2010.

Table 54 Uninsured Persons, 2012/16

Geographic Area	Insurance Population (2016 Estimate)	Number Insured	Number Uninsured	Percent Uninsured
Strafford County	124,504	112,958	11,546	9.3%
New Hampshire	1,310,949	1,200,297	110,652	8.4%
United States	313,576,137	276,875,891	36,700,246	11.7%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate



Federally Qualified Health Centers

Two Federally Qualified Health Centers provide services in Strafford County. The Goodwin Community Health Center delivers services in Somersworth, and the Families First Health and Support Center operates a mobile Healthcare for the Homeless program with service locations in Dover and Rochester.

Head Start / Early Head Start Eligibility and Estimates

Based on the 2012/16 American Community Survey, CAPSC estimates that there are approximately 2,100 children under age 5 years throughout Strafford County who were eligible for Head Start / Early Head Start services in 2016. The largest pockets of eligible children under age 5 were in the areas of Rochester (457 children), Dover (275 children) and Somersworth (91 children). These same areas, in addition to the Town of Farmington all fall below the median household income for Strafford County.

Strafford County has the capacity to enroll 277 children under age 5 at any one time through CAPSC's Head Start, Early Head Start and Early Head Start Child Care Partnership programs. Knowing that subsidized childcare services, public preschool for children with disabilities and home visiting programs are available to families lessens the demand for Head Start / Early Head Start services; however, demand still outweighs the availability of services in Strafford County.

Other Child Development and Childcare Programs

Availability of Childcare

New Hampshire currently only collects data on licensed childcare slots for providers who care for children in their homes, childcare centers, and preschool centers that accept children with income-based state scholarships. As of October 2015, there were 902 licensed childcare programs in New Hampshire, a decrease of 19 percent from 2009 (loss of 212 providers). Childcare capacity in New Hampshire as of October 2015 was 46,520 (95% childcare centers; 5% family childcare homes).

New Hampshire does not offer a regular state-funded pre-kindergarten program, but some children attend public schools for preschool through an integrated special education approach or on a tuition basis. Public schools in Strafford County continue to expand preschool programming with enrollment of 239 children on October 1, 2016. Families often look to enroll their 4-year olds in public schools as often transportation is available and older siblings attend which has resulted in declining enrollment of this age group in Head Start. As a result, more 3-year olds are being served in Head Start classrooms.

Table 55 Preschool Enrollment in Public Schools

Total Preschool Enrollment in Public Schools as of October 1, 2016		
School District	School	Enrollment
Barrington	Early Childhood Learning Center	37
Dover	Woodman Park School	55
Farmington	Valley View Community School	31
Governor Wentworth Regional	New Durham Elementary School	10
Rochester	East Rochester School	81
Somersworth	Maple Wood Elementary School	25

The Early Education and Care Market Survey for 2016 shows a marked increase in overall rates for all ages ranging from 9 percent to 13 percent increases in costs over the past five years and rates for the seacoast region greatly exceeding the mean rate for New Hampshire.

Table 56 Comparison of Childcare Rates (2016)

	Infants	Toddlers	Preschool (2–3)	Preschool (3–5)
NH Mean Rate	\$226.08	\$213.32	\$202.75	\$188.12
Resource & Referral East Region (encompassing the seacoast) Mean Rate	\$245.20	\$228.79	\$220.42	\$201.38

Source: Early Education and Care Market Rate Survey, NH DHHS, June 2016

Subsidized Childcare

Availability of financial assistance plays a major role in parents' decisions about childcare settings. In 2017, the income limit for a family of three qualifying for a New Hampshire childcare scholarship was \$44,924 or 220% of the federal poverty level (NH DHHS, 2017). Families are assessed a childcare cost share based on a tiered system. The same family of three at 220% of the federal poverty level would be assessed a 17% cost share meaning, a weekly cost share of \$41.68 for an infant receiving full-time care based on the mean regional rate for Strafford County (\$245.20).

There is currently no waiting list for subsidized childcare scholarships in New Hampshire.

Home Visiting Programs

The availability of state funded home visiting services adds to the availability of early childhood programming in Strafford County. CAPSC holds contracts for state funded home visiting programs within the service area. Housed in the child and family services department, home visitors collaborate with Head Start and Early Head Start staff to assure families enroll in the most appropriate program to meet their specific family needs. In program year 2016/17, 78 children and their families received home visiting services outside of Early Head Start. Home visiting programs target pregnant moms, infants and toddlers with referrals frequently made for classroom based Head Start services as a child turns age 3. Specifically, 139 children and seven prenatal women received services.

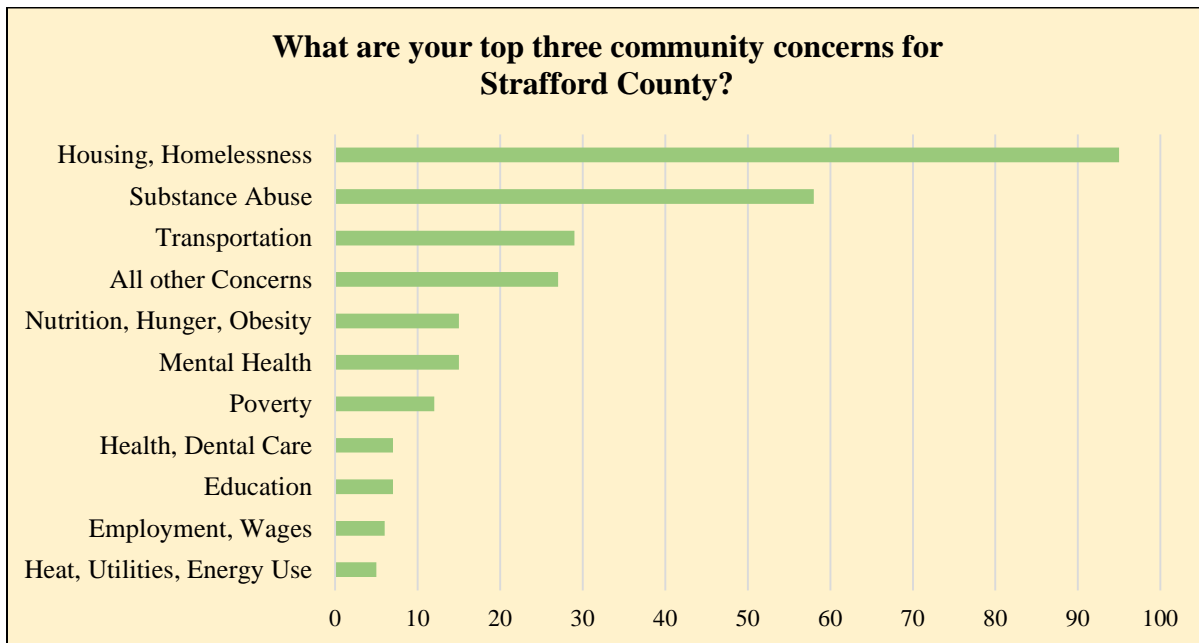
Community Perceptions

In February 2018, Community Action Partnership of Strafford County invited four audiences to participate in a survey of community needs, service gaps, and the effectiveness of CAPSC. Over 750 CAPSC staff, funders, and community agency partners were invited to take surveys online. CAPSC clients were identified using program data databases and onsite visits. Clients were invited to participate online or on paper for a two-week period in February after accessing on of CAPSC’s services. Survey responses that were entered into the online survey tool by CAPSC staff.

Community Services

Staff, Partner Agencies, and CAPSC Funders identified a wide variety of Community needs and concerns, and identified gaps in services to meet those needs. Results indicate a consensus among all audiences that the areas of Housing / Homelessness, Substance Abuse and Transportation are of highest concern in Strafford County.

Table 57 Survey Results - Community Concerns for Strafford County



Similar to the highest areas of concern identified in Table 57, service gaps identified by community, staff and funding partners reflect a need for additional affordable housing, homeless services, transportation (specific to the elderly, northern parts of the county and to / from medical appointments), and substance abuse services. The category “all other concerns” includes areas such as services for veterans, the disabled and elderly populations, family supports, and case management services.

Table 58 Survey Results - Service Gaps in Strafford County

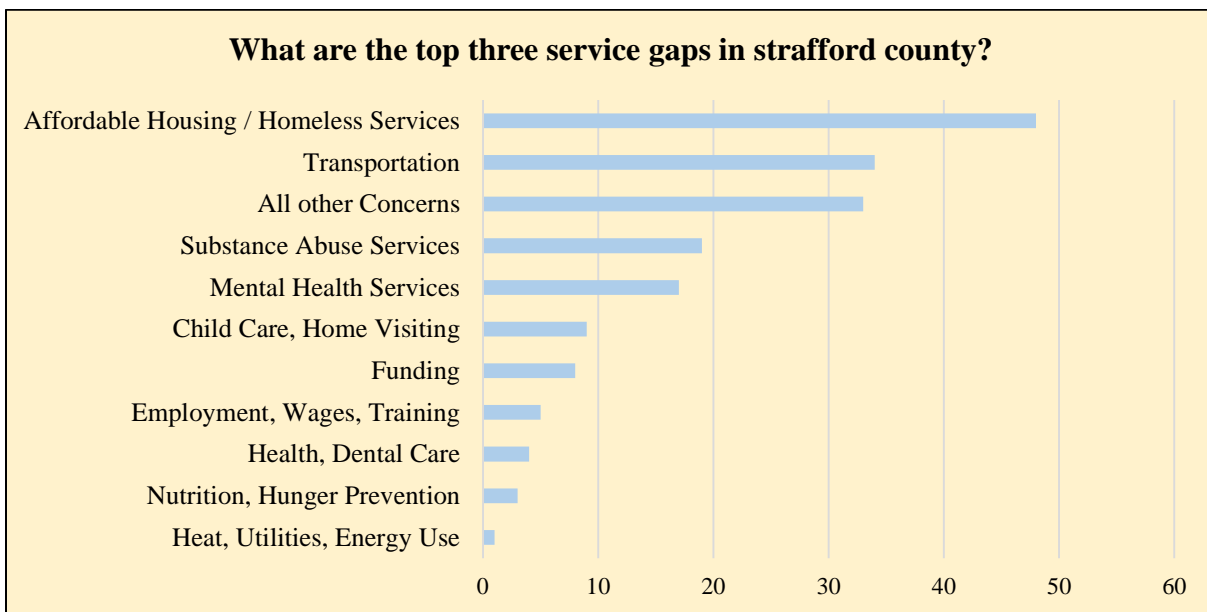


Table 59 Survey Results - Geographical Gaps

Are there geographical gaps (services only in certain parts of the county)?					
	Partner	Staff	Funder	Total	
Yes	15	25	3	43	65%
No	7	13	3	23	35%
No Answer	17	17	0	34	

Of those who identified a geographical gap, many mentioned the northern portion of Strafford County beyond Rochester. 65% of respondents noted limited affordable and/or public transportation as a significant concern in the community’s ability to access services.

CAPSC Meeting the Needs

Table 60 Client Survey Results

Survey Questions	Yes		No		N/A or Didn't Answer	
	#	%	#	%	#	%
I was helped in a timely manner	95	97.9%	1	1.0%	1	1.0%
I was treated with respect	97	100.0%	0	0.0%	0	0.0%
I got the information/services I needed	94	96.9%	0	0.0%	2	2.1%
I was informed about other CAP or community services	85	87.6%	5	5.2%	7	7.2%
I would recommend CAP to friends and/or family	94	96.9%	0	0.0%	3	3.1%
When I came into the building, I felt comfortable.	90	92.8%	1	1.0%	6	6.2%
The office/building was clean	89	91.8%	2	2.1%	6	6.2%

Table 61 Client Survey Responses to Services Accessed

Client Responses to Optional Question Regarding Services Accessed Services / Programs Accessed (75 respondents)		
Services / Programs Accessed	Responses	
Head Start	32.00%	24
Early Head Start	33.33%	25
Early Childcare Partnership	9.33%	7
Home Visiting	28.00%	21
Child Care	8.00%	6
Fuel Assistance	52.00%	39
Electrical Assistance	50.67%	38
Housing assistance	4.00%	3
Homelessness assistance	5.33%	4
Emergency rent and utility assistance	10.67%	8
Food Pantry	40.00%	30
Holiday Baskets	33.33%	25
Senior Transportation	0.00%	0
Workplace Success	6.67%	5
Employment assistance	4.00%	3
Emergency home heating repair	2.67%	2
Weatherization program	5.33%	4
Other		2

Table 62 Partner, Funder, Staff Survey Results

How effective do you feel CAP has been addressing the issues you face in Strafford County?						
Answer Options	Partner		Funder		Staff	
	#	%	#	%	#	%
Very effective	13	27.7%	3	42.9%	21	31.8%
Somewhat effective	20	42.6%	3	42.9%	39	59.1%
Neutral	11	23.4%	1	14.3%	5	7.6%
Somewhat ineffective	1	2.1%	0	0.0%	0	0.0%
Very ineffective	2	4.3%	0	0.0%	1	1.5%

Social Service Issues as Determined by Enrolled Head Start / Early Head Start Families

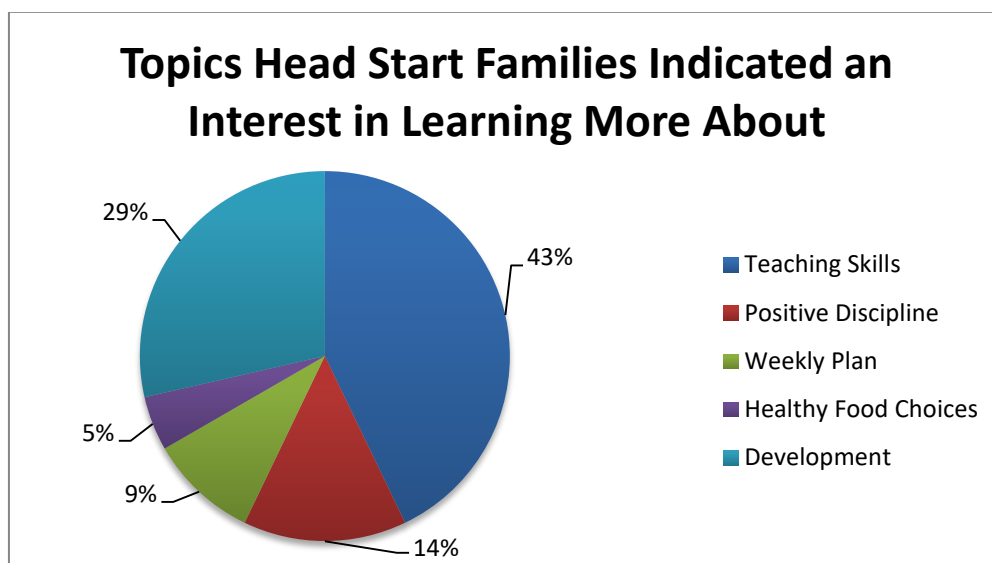
Similar to the data displayed throughout this community assessment, Head Start families experience social service needs related to

- Substance abuse treatment
- Housing
- Mental health
- Transportation
- Food pantries
- Employment and training

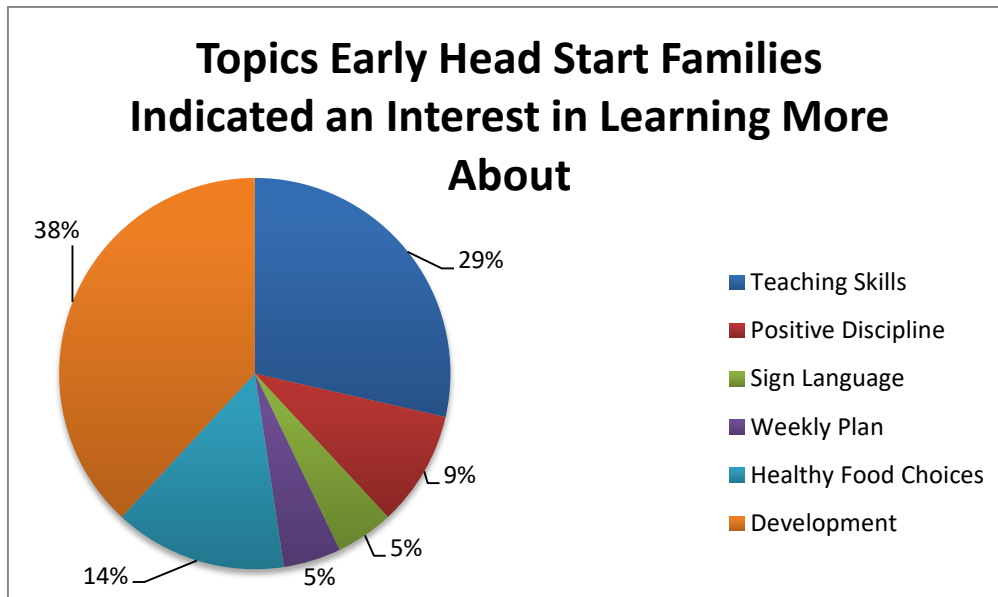
In program year 2016/17, 27 percent of Head Start and Early Head Start families reported being in substance abuse treatment, in recovery, or actively using substances. Sixteen percent of families requested assistance with mental health services, and 10 percent requested assistance in obtaining food for their families. Fourteen percent of families struggled with transportation and 7 percent struggled with housing. Transportation needs are reflected in responses to a recent parent survey that indicated 24 percent of families walked their children to a Head Start center and 15 percent walked their children to Early Head Start socialization. Another 25% of respondents indicated they utilize CAPSC transportation to travel to and from Early Head Start socialization.

Family Interest

During program year 2016/17, families reported an interest in learning more about a variety of topics with the most interest in learning about teaching skills and positive discipline. CAPSC Head Start offers a variety of parent education opportunities around topics such as Building Blocks for Positive Behavior, health education, and family wellness.



2016/17 Family Survey Results



2016/17 Family Survey Results

Family Needs and Satisfaction with Services

In a family survey conducted in program year 2016/17, the majority of families responding indicated being completely satisfied with Head Start program options and locations (76 percent). Thirteen percent of respondents indicated a desire for longer days and 26 percent indicated a need for full time childcare.

Conclusion (Head Start / Early Head Start)

Based on the data presented in this assessment, there are approximately 2,100 children in Strafford County potentially eligible for Head Start / Early Head Start services. The largest pockets of eligible children under age 5 are in the areas of Rochester (457 children), Dover (275 children) and Somersworth (91 children). These same areas, in addition to the Town of Farmington all fall below the median household income for Strafford County. Based on this analysis, the Head Start service area and program options appear to be reflective of the community needs.

CAPSC has the capacity to serve 277 Head Start and Early Head Start children at any one time whether through center-based, home-based, or childcare partnership programming. This past program year, Rochester Head Start received dose and duration funds to extend the Head Start day, further meeting the needs of working families. Additionally, wrap-around childcare is available to Head Start families with children enrolled at the Farmington Children's Center.

While Head Start and Early Head Start meets the needs of approximately only 13 percent of the eligible population in Strafford County, data suggest families are also accessing childcare (often subsidized), home visiting programs and public pre-k programs. While demand for Head Start / Early Head Start is lessened as a result, demand still outweighs the availability of services in Strafford County.

The 2018 Community Assessment update indicates there continues to be a growing population of Asian and Pacific Islander residents in the Dover and Somersworth School Districts (8.14 percent and 7.70 percent of enrollment respectively). This has been noted in Head Start enrollment as well with approximately 17 dual-language learners enrolled. Training on cultural diversity and resource materials for teachers of dual-language learners has been a focus of training and technical assistance this past year.

The update also demonstrates the growing concern with the number of students identified as homeless in Strafford County Head Start and Early Head Start. The Program Indicator Report for Head Start and Early Head Start in PY 2016/17 indicated 40 children in 37 families experiencing homelessness. The large number of homeless children and families in the program has resulted in higher than usual attrition rates due to frequent moving, transportation and custody issues.

Overall, the results of the parent and provider surveys indicate satisfaction with the Head Start / Early Head Start program with a want / need for:

1. Access to parent education workshops on topics such as handling behavioral issues with their children, teaching skills, child development, and healthy living.
2. A longer day for center-based Head Start services

Parents indicated that the locations of current Head Start centers are conveniently located for families. Key risk factors for families with young children in Strafford County are poverty, housing, food insecurity, and access

to transportation. Community strengths identified, include access to health care and health insurance, subsidized childcare, and services for children with disabilities.

Community Resources

The CAPSC Community Resource Guide is available to community partners, parents, and staff and is posted on the agency website (www.straffordcap.org).

Appendix

Partner Survey Questions

1. Staff is effective in working collaboratively with other organizations and the community in advocating for low-income families
2. The agency operates with integrity and uses ethical practices
3. Staff is qualified and competent in the performance of their jobs.
4. Staff is creative and innovative in developing and sustain programs
5. What are the agency's strengths?
6. In what areas could the agency be improved and/or strengthened?
7. What are the top three community concerns for Strafford County?
8. What are the top three service gaps in Strafford County?
9. Are there geographical gaps (services only in certain parts of the county)?
10. How effective do you feel CAP has been addressing the issues in Strafford County?

Funder survey questions

1. CAP staff is effective in working collaboratively with other organizations and the community in advocating for low-income families.
2. The agency operates with integrity and uses ethical practices.
3. The agency uses sound financial management and budgeting.
4. What are the agency's strengths?
5. In what areas could the agency be improved and/or strengthened?
6. What are the top three community concerns for Strafford County?
7. What are the top three service gaps in Strafford County Are there geographical gaps (services only in certain parts of the county)?
8. How effective do you feel CAP has been addressing the issues you face in Strafford County?

Client Survey Questions

1. I was helped in a timely manner
2. I was treated with respect
3. I got the information/services I needed
4. I was informed about other CAP or community services
5. I would recommend CAP to friends and/or family
6. When I came into the building, I felt comfortable
7. The office/building was clean
8. Optional: Services accessed

Staff Survey Questions

1. CAP staff is effective in working collaboratively with other organizations and the community in advocating for low-income families
2. The agency operates with integrity and uses ethical practices
3. Staff is qualified and competent in the performance of their jobs
4. Clients are treated with respect
5. Co-workers are treated with respect
6. I would recommend CAP to friends and/or family as a place to work
7. Staff is effective in working collaboratively with others
8. Staff is creative and innovative in developing and sustaining programs
9. What are the agency's strengths?
10. In what areas could the agency be improved and/or strengthened?
11. What are the top three community concerns for Stafford County?
12. What are the top three service gaps in Stafford County?
13. Are there geographical gaps (services only in certain parts of the county)?
14. How effective do you feel CAP has been addressing the issues in Stafford County?

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Acronym List

CAPSC	Community Action Partnership of Strafford County
ACS	American Community Survey (US Census Bureau)
CSBG	Community Services Block Grant
CAA	Community Action Agency
ROMA	Results Oriented Management and Accountability
HHS	U.S. Department of Health and Human Services
LIHEAP	Low Income Home Energy Assistance Program
DOT	NH Department of Transportation
EAP	New Hampshire Electric Assistance Program
USDA	US Department of Agriculture
NH DHHS	New Hampshire Department of Health and Human Services
TANF	Temporary Assistance for Needy Families

Endnotes

- ⁱ <https://www.nhes.nh.gov/elmi/documents/senior-care-2017.pdf>
- ⁱⁱ https://thedataweb.rm.census.gov/TheDataWeb_HotReport2/profile/2016/5yr/np01.hrm1?SUMLEV=50&state=33&county=017
- ⁱⁱⁱ https://www.childtrends.org/wp-content/uploads/2017/01/New-Hampshire-Foster-Care-Factsheet_2015.pdf
- ^{iv} <https://www.nhes.nh.gov/elmi/documents/2017-economic-analysis-final.pdf>
- ^v http://www.nhhfa.org/assets/pdf/data-planning/rentalsurvey/RentSurvey_2017.pdf
- ^{vi} <https://www.scribd.com/document/367248603/2017-State-of-Homelessness-in-New-Hampshire>
- ^{vii} <https://www.stateofobesity.org/states/nh/>
- ^{viii} <https://www.dhhs.nh.gov/dcbcs/bdas/documents/strafford-workplan.pdf>
- ^{ix} <https://www.dhhs.nh.gov/dcbcs/bdas/documents/dmi-2016-overview.pdf>
- ^x https://www.cdc.gov/violenceprevention/acestudy/about_ace.html
- ^{xi} <http://www.countyhealthrankings.org/app/new-hampshire/2017/rankings/strafford/county/outcomes/overall/snapshot>